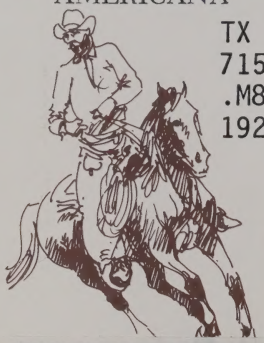
THE "MUTUAL" COOK BOOK

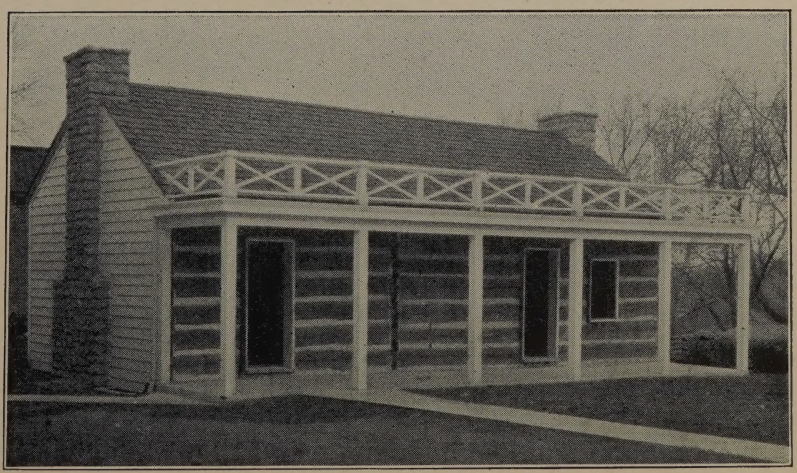
LIBRARY
Brigham Young University
AMERICANA

TX
715
.M88x
1920
BRIGHAM YOUNG UNIVERSITY
3 1197 23046 5012

The Temple Lot, Independence, Jackson County, Missouri.

Dedicated August 3, 1831, by Joseph Smith, the Prophet. The two-story frame structure standing to the left near the center of the picture, is the meeting house of the Church of Christ (Hedrickite.) It is the only building that stands on the Temple Lot.

The Old Jackson County Court House, Independence, Missouri. Built in 1827.

In 1833 a mob of 500 gathered around the court house, and a committee of seven drew up the "Mob Manifesto," which declared that the Saints must leave Missouri. Bishop Edward Partridge and Charles Allen were tarred and feathered on this occasion.



The court house as it appears in 1920, after being remodeled. It is now used as a Community Center by the citizens of Independence.

The Latter-day Saints Chapel and Central States Mission Home, Independence, Jackson County, Missouri.

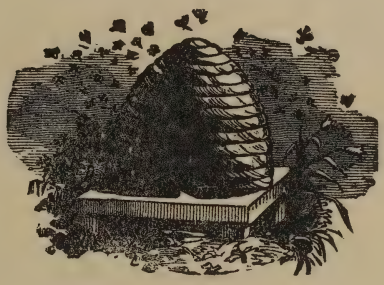
The Chapel was dedicated November 22, 1914, by President Joseph F. Smith. The Mission Home was dedicated January 21, 1920, by Elder James E. Talmage, of the Council of the Twelve. At the rear is seen the northeast corner of the building occupied by Zion's Printing and Publishing Company, publishers of Liahona The Elders' Journal.

President Samuel O. Bennion and his wife, Charlotte T. Bennion, who preside in the Central States Mission.

Officers of the Y. L. M. I. A. of the Kansas City, Mo., Branch, Church of Jesus Christ of Latter-day Saints.

Left to right—Standing: Irene Watters, Secretary and Treasurer; Lillian Peterson, Assistant Class Leader; Mrs. Juanita Black, Class Leader; Mrs. Olive Kallstrom, Journal Agent. Sitting: Ruby Earl, First Counselor; Mrs. Florence McCartney, President; Marie Winfrey, Second Counselor.

THE "MUTUAL" COOK BOOK



PUBLISHED
BY THE
YOUNG LADIES' MUTUAL IMPROVEMENT ASSOCIATION
OF THE
KANSAS CITY BRANCH OF THE CHURCH OF JESUS
CHRIST OF LATTER-DAY SAINTS,
KANSAS CITY, JACKSON COUNTY, MISSOURI.
1920

Press of
Zion's Printing and Publishing Company
Independence, Jackson County, Missouri.

UPB

PREFACE.

It might seem in this day of commercialism when every manufacturer of canned goods, baking powder, flour, shortening, yeast, etc., etc., is flooding the country with cook books that another from any source would be superfluous. We have not chosen to regard it in this light. The Divine plan calling for mutual endeavor and co-operation means effort here and now, for to the Latter-day Saints Divine law is Spiritual law, and as our pre-existent life determined our station in life here, so shall our accomplishments here establish our standing in the eons that are to come.

Viewed in this light, then, it is a worthy object to have the young ladies co-operate and try to excel in that most important factor of the mortal life, maintenance of the home, with the proper preparation of nutritious, palatable foods for entertainment of our brethren and friends in a most pleasing and scientific manner.

To this end we have asked that all give the recipes which have in their hands been demonstrated to be of superior merit, the editor retaining the right to leave out duplicates and insert such recipes of known worth as are necessary to make a well balanced collection of formulae.

The editor makes no claim for originality in the preparation of this volume, having used what she thought best, selected for a collection of recipes, cooking theses, etc., from various sources extending over quite a lengthy period. Being indebted to so many sources, we cannot give them credit individually.

We especially desire to thank Sister Charlotte T. Bennion for her kindly aid and encouragement, and all sisters for their interest manifested in the work, and others who have been diligent in collecting the recipes from districts to which they were assigned.

We desire to express our appreciation of the masterful manner in which the Zion's Printing and Publishing Company has executed the many details that go to make for perfection in the printer's art as displayed in this little volume, and hoping that this book may be to all the Latter-day Saints what the Young Ladies' Mutual Improvement Association of Kansas City, Missouri, has desired it to be, we are,

Respectfully,

Mrs. Florence McCartney,
Ruby Earl,
Marie Winfrey,
Presidency Kansas City, Mo., Y. L. M. I. A.

Mrs. Florence McCartney, Editor and Collaborator.

CONTENTS.

Tables 6
Soups 9
Meats 13
Fish 22
Sauces for Meat and Fish 24
Eggs and Cheese 26
Salads 28
Vegetables 34
Bread 41
Rolls 44
Biscuits, Short-cake, Muffins, Etc. 47
Pastry 50
Cakes 55
Icings and Fillings 65
Puddings, Custards, Desserts, Etc. 66
Preserves, Jellies, Etc. 72
Canned Fruits, Vegetables, Etc. 76
Pickles, Catsup, Etc. 79
Ice Creams, Ices, Etc. 84
Candies 85
Sandwiches 87
Beverages 89
Miscellaneous 91
Housekeeper's Alphabet 93
Planning and Serving a Meal 95
When Food is in Season 101
Elementary Chemistry of Foods and their Several Classes 104
Food for the Sick 106
Suggested Menus for Different Seasons 108
Alphabetical Index 117
Blank Pages for Additional Recipes 129

TABLES.

Flour, powdered sugar and soda should be sifted before measuring.
To measure butter, lard, etc., pack into a cup or spoon and make level with a case knife.
For a half spoonful divide lengthwise.
For a quarter spoonful divide the half crosswise.
For an eighth spoonful divide quarter diagonally.

TABLE OF MEASURE

A speck	1-4 saltspoon
4 saltspoons	1 teaspoon
3 teaspoons	1 tablespoon
16 tablespoons	1 cup
2 gills	1 cup
2 tablespoons butter	1 ounce
2 tablespoons granulated sugar	1 ounce
4 cups sifted pastry flour	1 pound
2 cups granulated sugar	1 pound
2 cups butter	1 pound
2 cups chopped meat, packed	1 pound
2 cups rice	1 pound
1 cup corn meal	6 ounces
1 cup stemmed raisins	6 ounces
1 cup cleaned currants	6 ounces
1 cup stale bread crumbs	2 ounces
10 eggs, average size	1 pound
1-2 oz. bottle extract	12 teaspoons

TABLE OF PROPORTIONS

1 quart of flour requires 1 1-3 cups of butter, or butter and lard mixed for pastry.
1 quart of flour requires 4 tablespoons of butter for biscuit.
1 quart of flour requires 6 tablespoons of butter for shortcake.
1 quart of flour requires 1 level teaspoon of salt.
1 quart of flour requires 4 teaspoons of baking powder.
1 quart of flour requires 1 pint of liquid for batters.
1 measure of liquid to 3 measures flour for bread.
1 teaspoon of soda to 1 pint of sour milk.
1 teaspoon of soda to 1 cup of molasses.
1 teaspoon of salt to 1 pound of meat.

TIME FOR BAKING

Loaf bread	45 to 60 minutes
Rolls and biscuit	10 to 20 minutes
Gingerbread	20 to 30 minutes
Sponge cake	45 to 60 minutes
Plain cake	30 to 40 minutes
Fruit cake	2 to 3 hours
Cookies	10 to 15 minutes
Bread pudding	1 hour
Rice and tapioca	1 hour
Steamed pudding	1 to 3 hours
Steamed brown bread	3 hours
Custards	15 to 20 minutes
Pies	30 to 45 minutes
Plum pudding	2 to 3 hours

TIME FOR VEGETABLES

Greens-Dandelions	1 1-2 hours
Spinach	25 to 30 minutes
String beans	1 to 2 hours
Green peas	20 to 30 minutes
Beets	1 to 3 hours
Turnips	1 to 3 hours
Squash	1 hour
Potatoes, boiled	20 to 30 minutes
Potatoes, baked	1 hour
Corn	20 minutes
Carrots	3-4 to 1 hour
Asparagus	15 to 25 minutes
Cabbage	1 to 3 hours

TIME FOR BROILING

Steak, 1 inch thick	4 to 6 minutes
Steak, 1 1-2 inches thick	8 to 15 minutes

Fish, small and thin.....5 to 8 minutes
Fish, thick .....15 to 30 minutes
Chicken .....30 minutes

TIME FOR MEATS.

Beef, underdone, per pound.....9 to 10 minutes
Beef, fillet of..... ..20 to 40 minutes
Mutton, leg, per pound .....10 to 12 minutes
Mutton, stuffed shoulder, per lb.....18 minutes
Veal, loin of, plain, per pound .....15 to 18 minutes
Veal, stuffed, per pound.....20 minutes
Pork, spare rib, per pound .....15 to 20 minutes
Pork, loin or shoulder, per pound.....20 to 30 minutes
Liver, baked or braised.....1 to 1 1-2 hours

Corned Beef per pound .....25 to 30 minutes
Boiled (simmered)
Beef, per pound....20 to 30 minutes
Ham, per pound, after water begins to boil..15 to 20 minutes
Bacon, per pound.....15 minutes
Chicken, baked, three or four pounds .....1 to 2 hours
Turkey, ten pounds.....3 hours
Goose, eight pounds.....3 hours
Duck, tame.....40 to 60 minutes
Duck, wild .....30 to 40 minutes
Grouse, Pigeons, and other large birds.....30 minutes
Small birds.....10 to 15 minutes
Venison, per pound.....15 minutes
Fish, long and thin, six to eight pounds.....1 hour
Fish, thick, six to pounds.... ....1 1-2 to 2 hours
Fish, small .....25 to 30 minutes

Soups.

Soups Without Meat.

BEAN SOUP.

1 quart cooked Pinto beans
1 cup cooked tomatoes
1 tablespoonful chopped onion
2 quarts water
Salt and pepper
2 tablespoonfuls butter
1 tablespoonful flour

Boil beans, tomatoes, onion and water together until the beans are quite soft. Season to taste and strain. Stir flour into the melted butter, add to the soup mixture, bring to a boil and serve hot. *

CORN SOUP.

1 can corn
1 pint water
1 pint milk
1-2 onion
1-3 or 1-4 green pepper
2 tablespoonfuls butter
2 tablespoonfuls flour
Salt
Pepper

Cook corn, water, milk, onion and green pepper and strain. Thicken with flour and butter and season to taste.

Mrs. Josephine Bramwell.

CREAM OF TOMATO SOUP.

1 quart can tomatoes
1-2 teaspoonful soda
1 teaspoonful salt
4 tablespoonfuls flour
1 quart milk
Celery salt
Pepper
4 tablespoonfuls butter

Stew tomatoes slowly for fifteen minutes. Strain. Add soda while hot. Make a white sauce and add to strained tomatoes. Serve immediately.

White Sauce: Melt butter, add flour and salt. Add scalded milk gradually. Cook until thick as cream.

Kathleen Ireland.

FULL NUTRIMENT SOUP.

1 pint Lima beans
2 quarts milk
1 quart tomatoes
3 tablespoonfuls butter or other shortening
1 small section (not head) garlic
Salt
Pepper

Boil beans until tender, add milk,

All recipes marked with an asterisk (*) have been inserted by editor.

tomatoes, butter, garlic, salt and pepper to taste and sufficient water to make one and one-half gallons. Cook all together for five minutes to blend and thicken if desired. *

GRAPE SOUP.

Cook 2 quarts of Concord grapes picked from the stems in water enough to cover well, about thirty minutes. Strain. Add 1-2 cup sago and sugar to taste. Let cook until sago is clear. If necessary add water to make 2 quarts. Serve with squares of buttered toast. *

OYSTER SOUP.

1 quart oysters
1 quart milk
2 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful salt
Few grains pepper.

Drain oysters through strainer placed over wire bowl, reserve the liquor. To wash: Pour over the oysters cold water, using two cups water to each quart of oysters. Examine each oyster for bits of shell. Put the liquor on to boil, skim and strain through double cheese cloth. Scald the milk, thicken with flour and butter cooked together; cook the oysters in the cleared liquor until they grow plump and the edges curl. Add this to the milk foundation with seasonings, and serve. *

PEA SOUP.

2 quarts milk
1 can peas
Butter size of a walnut
Salt
Pepper

Scald milk. Boil peas until tender and rub through a colander, mix with boiling milk. Add seasonings and thicken with a little flour or cracker crumbs. Serve while hot.

Mrs. Charlotte T. Bennion.

POTATO SOUP.

1 quart milk
3 potatoes
2 slices onion
2 tablespoonfuls butter
1 tablespoonful flour
1-4 teaspoonful celery salt
1 teaspoonful salt
Few grains pepper
Few grains cayenne
1 teaspoonful minced parsley

Cook potatoes in boiling salted water until soft, drain, rub through strainer. Scald milk with onion, remove onion and add milk slowly to potatoes, stirring constantly. Melt butter, add dry ingredients, stir until well mixed, then add to hot soup. Add also the minced parsley and cook one minute before serving. *

SWEET BARLEY SOUP.

Wash 1 cup barley and cook in 2 quarts of water about one hour. Add 2 sliced apples, 1-2 cup raisins

2 tablespoonfuls of grape or plum jelly, the juice of one lemon, 6 large onion seeds and sugar to taste. Let cook for another hour and add water or diluted grape juice to make two quarts. *

VEGETABLE SOUP WITHOUT MEAT.

1-2 cup chopped onion
1 tablespoonful butter or drippings
1 1-2 quarts water
2 cups shredded cabbage
1-2 cup chopped carrot
1 leek
1 tablespoonful chopped pepper
1 1-2 teaspoonfuls salt
1 saltspoonful pepper
1 tomato
1 cup sliced potato
1 tablespoonful chopped celery

Brown the onion slightly in the butter or drippings; have the water boiling and add all vegetables except the potato and tomato; boil for ten minutes fast, then slowly for one hour; add the other ingredients and cook an hour longer. Keep cover partly off kettle.

Mrs. Charlotte T. Bennion.

Soups With Meat.

BEEF STEW.

1-2 pound medium sized turnips (quartered, then each quarter cut in half crosswise.)
3 pounds meat (cut in pieces one and one half inches square)
3 pounds potatoes (cut one and one-half inches square)
1 pound onions (quartered)
1-2 pound carrots (quartered lengthwise, then cut in pieces 3-4 inch square)
2 pounds stewed tomatoes
2 ounces flour
1 1-4 ounces salt
1-2 teaspoonful pepper
1 bay leaf
2 quarts cold water

Dissolve flour in a little cold water and stir it with the two quarts of cold water, bay leaf, meat and onions. Let simmer for three hours. About one-half hour before meat is done, place turnips, carrots, potatoes and tomatoes each in separate pots well covered and cook until done. Drain off water and add all to the meat and onions. Then season. Cook all together five minutes to blend. *

BOUILLON.

2 pounds beef
3 quarts water
1 carrot

Celery, parsley, turnip, tomato and salt to season.

Place onion on a long fork, hold over flame until nicely browned and add to hot broth. Boil slowly. When done remove grease. *

CHICKEN SOUP.

(Southern Style.)

1 3-pound fowl
2 quarts cold water
3 tablespoonfuls cooked rice
2 teaspoonfuls salt
1-8 teaspoonful pepper
1 teaspoonful minced parsley

Cut all the meat from fowl, reserving the breast whole. Cut the rest into bits, break the bones, and put them with the meat and salt water into the kettle. Place the breast on top of the other meat. Cook four hours. Remove the breast as soon as tender. Skim often at first, strain and add rice and breast cut in dice, also seasonings and parsley. *

NOODLE SOUP.

3 pounds beef
4 quarts water
2 tomatoes
1 onion
Salt
Pepper
Few sprigs parsley

Wipe beef with a wet cloth and put it on to boil in cold water. Let it come to a boil gradually and skim thoroughly. When meat is nearly done, add tomatoes, onion, parsley, salt and pepper. When done remove meat and strain broth. Reheat broth, drop in the noodles, being sure the soup is boiling.

*

VEGETABLE SOUP.

2 gallons beef stock
1-2 pound chopped onions
6 ounces chopped celery
3-8 pound turnips (cut thin and 1 1-2 inches long)
1-2 pound carrots (cut thin and 1 1-2 inches long)
1-2 pound cabbage (cut as for cold slaw)
1 1-2 quarts canned tomatoes
1 pound potatoes (cut thin and 1 1-2 inches long)
1-2 bunch chopped parsley
1-2 dessertspoonful mixed spices (in bag)
2 1-2 ounces salt
5-8 teaspoonful pepper
1 dessertspoonful Worcestershire Sauce
4 ounces rice
4 pounds shin of beef

The foundation for vegetable soup is the quality of the soup stock.

In this soup there should be a rich stock from the marrow of the bones, also the juices from the meat.

When the stock is ready for making the soup, skim off all grease and add onions, celery, turnips, cabbage and drop in the spice bag. Allow them to cook for about twenty minutes. Cook carrots separately for twenty minutes, drain off the water and add to the soup the carrots, potatoes, tomatoes, parsley and rice.

These will cook in about twenty minutes. Add the seasoning.

This soup should just simmer and not boil hard enough to break vegetables. The above will make two gallons. *

Meats.

ROAST BEEF.

One very essential point in roasting beef is to have the oven well heated when the beef is first put in, this causes the pores to close up quickly, and prevents the escape of the juices.

The tip of the sirloin is considered one of the best pieces. Take a rib piece or loin roast of seven or eight pounds for roasting. Wipe it thoroughly with a clean wet towel. Lay it in the dripping pan, and baste it well with butter or suet fat. Set it in the oven. Baste frequently with its own drippings, which will make it brown and tender. When partly done season it with salt and pepper, as it hardens any meat to salt it when raw and draws out the juices. Add a few sprigs of parsley and the juice of half a lemon; then dredge with sifted flour. It will take a roast of this size about two hours to be properly done, leaving the inside a little rare or red—half an hour less would make the inside quite rare. Remove the meat to a heated dish, set it where it will keep hot and make gravy of the drippings. *

BEEF POT ROAST.

Take a cut off the shoulder of three or four pounds weight including the round bone. Wipe with a clean wet cloth and dredge heavily with flour. Fry fat trimmings in frying pan, add small section garlic, fry until brown and remove. Sear meat in pan, turning until all the surfaces are browned. Pour one quart tomatoes over meat and place it over fire, where it will keep just below the boiling point. Turn the meat occasionally; add a little water if necessary to keep from burning. Keep covered and cook until very tender, but do not let it break. Add salt and pepper, after the first half hour of cooking. When done remove meat, make gravy and serve hot. *

CHUCK ROAST.

Three pounds chuck roast, wash and wipe dry. Lay in a cold pan, season with salt and pepper and cover tight. Do not grease pan or add water. Put pan on an asbestos lid over a slow fire, turning often to prevent burning and cook slowly for three hours or until it will fall to pieces. Remove meat, add milk and water and make gravy.

Mrs. Henrietta Collier.

(Juices extracted from meats in this manner are highly nutritious and are of special value to invalids. —Ed.)

BEEF LOAF NO. 1.

1 pound ground beef
1 pound fresh pork sausage
2 apples
2 large potatoes
1 onion
2 large tomatoes
1 cup bread or cracker crumbs
Salt and pepper.

Mix the beef and pork together thoroughly. Put through the chopper the apples, potatoes, onion and tomatoes and mix with the meat. Add cracker crumbs and season to taste, form into a loaf and put in a covered roast pan. Bake about one and one-half hours or until brown. Baste frequently. For family use, potatoes may be placed around the loaf.

Mrs. Rebecca McCarty.

BEEF LOAF NO. 2.

2 pounds round steak
2 pounds fresh pork
2 cups toasted bread crumbs
1 onion (grated)
2 cups milk (1 pint)
1 teaspoonful salt
1-2 teaspoonful baking powder
1-4 teaspoonful pepper
1 egg

Put steak and pork through food chopper twice. Mix with the crumbs, onion, salt, baking powder and pepper. Add egg slightly beaten. Mold into loaf and put in hot oven for ten minutes. Pour over loaf one can condensed tomato soup and one cup water. Put back in oven for two hours.

Mrs. Inez Chantron.

BEEF LOAF NO. 3.

2 pounds Hamburger steak
2 eggs
1 onion size of a walnut (chopped fine)
1-2 pound cracker crumbs
1-4 teaspoonful cinnamon
1 tablespoonful salt
Pepper

Mix all ingredients, form into loaf and put in covered aluminum pan. Do not add water, put pan on an asbestos lid over as lowfire, turn often to prevent scorching and cook for two hours.

Mrs. Henrietta Collier.

RYZON MEAT SHORT CAKE.

Make two thin layers short-cake dough and put together with minced cold meat flavored with onion, pepper and salt and moistened with gravy or brown sauce.

To make the short-cake use the following recipe:

1 1-2 cups white flour
1-2 teaspoonful salt
3 teaspoonfuls shortening (chilled)
3 teaspoonfuls Ryzon baking powder
3-4 cup half milk, half water

Sift flour, baking powder and salt together, work in the shortening. Wet to a dough with liquid, mix well, then put in thin layers in layer cake tins. Be sure the dough comes close to the rims. Bake light brown in hot oven and remove carefully one layer at a

time. Put together with meat filling.

Mrs. Clara Lewis.

CHILI CON CARNE.

1 1-2 pounds ground beef
1 quart Pinto beans
1 average sized section, garlic
1 Chili pepper
3-4 tablespoonful argana
3-4 tablespoonful camina
2 dozen small red peppers

Fry garlic in lard, Crisco or compound and when brown remove from grease. Now put into the skillet Chili pepper, argana, camina and small red peppers. Stir into grease thoroughly and fry until brown. Add the ground meat and fry, stirring constantly until every particle has touched the skillet and all become a light pink. Add mixture to well cooked beans, add salt and cook together for one hour, or until consistency desired is reached.*

MEATLESS CHILI CON CARNE.

1 quart Lima beans boiled tender in small amount of water. Add 1 quart of milk, 1-4 pound butter, 1 section garlic, one large Chili pepper, 1 dozen small red peppers rubbed fine, 3-4 tablespoonful of argana, 3-4 tablespoonful of camina. Cook until desired consistency. *

HAMBURGER STEAK AND TOMATOES.

1 pound Hamburger steak
1 pint tomatoes
1-2 cup meat fryings or lard
2 large onions (chopped fine)
Pinch red pepper
Salt

Put chopped onions and tomatoes in frying pan, cover with water and cook for twenty minutes. Add Hamburger, meat fryings, or lard, red pepper and salt, and cook until the water has evaporated and it begins to fry.

Mrs. Sylvia Storey.

CREAMED FRESH BEEF.

Chop one pound lean beef as for Hamburger steak. Put it in a very hot pan, turn it quickly with a fork until it is all seared, add one tablespoonful butter, stir it through the beef. Then stir in one tablepoonful of flour and when the flour is well browned add one cup of milk and boil for one minute. Season with salt and pepper.

The quick and thorough browning of the meat is important.

Mrs. Jennie A. Miller.

MOCK DUCK.

Buy a flank steak and have your butcher make a pocket in it. Wash well and fill pocket with a dressing made of two cups bread crumbs, a tablespoonful minced onion, a sprinkling of sage, and salt and pepper to taste. Put together with an egg and add a little butter. Fasten with skewers. Season the beef, put into a covered pan

in which there has been poured a cup of boiling water. Cook slowly until the meat is tender, remove cover and brown the meat. Thicken the gravy in the pan with a tablespoonful flour mixed smooth with cold water. Put "duck" on platter with gravy around it. Serve hot or cold.

Irene Watters.

ROUND STEAK.

2 pounds round steak cut thin
1-4 to 1-2 cup flour
Salt and pepper

Pound about one-fourth cup of flour into the steak. Season with salt and pepper. Fry brown in deep fat, turning often. Add milk to cover meat. Place lid on pan, remove to back of range and simmer for one or two hours. Add water when needed.

Mrs. Rebecca McCarty.

KIDNEY PUDDING.

1 beef kidney
1-2 pound beef
Potatoes (chopped fine)
1-4 pound suet
Salt and pepper

Trim kidney, split and soak in salt water for fifteen or twenty minutes. Remove from water, add suet, beef and potatoes and chop fine.

Make a short biscuit dough, roll rather thick, add seasoned meat and potatoes and roll up. Tie in a cloth and drop in boiling water sufficient to cover well. Cook two to two and one-half hours.

"Aunt Martha" Hartshorne.

LIVER AND BACON.

Remove the rind and cut bacon in thin slices. Cook in hot frying pan, turning frequently until crisp and brown. Cut the liver in slices one-third inch thick, cover with boiling water and let stand for five minutes. Dry well and roll in flour. Lay the slices in smoking hot bacon fat. When they are browned on each side they will be sufficiently cooked. Serve on hot platter, garnished with slices of bacon. *

MEAT CROQUETTES NO. 1.

1 pint cold boiled beef (chopped fine)
1 egg
2 tablespoonfuls butter
4 tablespoonfuls flour
1 cup milk
1 teaspoonful lemon juice
Celery salt
Salt

Mix the melted butter and flour to a smooth paste, add milk and cook. Set aside to cool. When cooled add chopped meat, salt, celery salt and lemon juice. Beat egg and add one tablespoonful water. Make cylinders of meat paste, roll in cracker crumbs, dip in the egg, roll in crumbs again and fry in deep fat. Serve hot.

Mrs. Jennie A. Miller.

MEAT CROQUETTES NO. 2.

1 cup cold roast beef or rare beef chopped fine
1 teaspoonful minced onion
1 teaspoonful Worcestershire sauce
2 tablespoonfuls bread crumbs
1 teaspoonful melted lard or compound
1 egg
Salt and pepper

Shape into balls, dip in egg and finally in crumbs. Fry in deep fat hot enough to brown a crumb in 40 seconds, drain and serve with tomato sauce. *

HASH.

Put through the food chopper cold beef and potatoes; season to taste with salt and pepper, add a little minced onion. Place in pan, add a small amount of water and bake until brown.

Mrs. Margaret Turner.

STUFFED SWEET PEPPERS.

Put cold meat and left-over toast through the chopper, and season to taste. Stuff sweet peppers with mixture, place in pan, add a little water and bake in moderate oven until peppers are tender.

Mrs. Margaret Turner.

MEAT PATTIES.

1 egg
1 cup flour
1 teaspoonful baking powder
3 tablespoonfuls water
Butter in weight to equal weight of above ingredients
Pinch salt

Beat hard, roll out and cut. Fill center with ground cooked beef, minced parsley, salt and pepper, press edges together and fry in deep fat. Serve immediately with bouillon. *

MEAT POCKETS.

Boil soup bone and a slice of liver for two hours. Mix a pound of Hamburger with one-third of a loaf of bread (soaked) and one egg, add salt and pepper.

Mix two cups of flour and two eggs with two tablespoonfuls of water. Make a dough and roll out--divide into two layers —one for the bottom, the other for the cover. Put the Hamburger between layers, cut in small squares and drop in boiling soup and cook for ten minutes.

Mrs. Mary Huebner.

DUMPLINGS FOR STEWS. NO. 1.

2 cups flour
2 teaspoonfuls baking powder
1-2 teaspoonful salt
Milk

Sift dry ingredients, add sufficient milk to make soft dough. Turn on board, roll out one inch thick; cut in small circles. Roll each in flour, drop in stew. Cover, cook 20 minutes without opening pot.

Mrs. Isabella Ireland.

DUMPLINGS FOR STEWS. NO. 2.

1 cup flour
1 teaspoonful baking powder
1 egg
Pinch salt
Milk

Mix ingredients, adding sufficient milk to stiffen. Drop in chicken or beef broth. Do not boil too long, this causes them to drop.

Mrs. Margaret Turner.

NOODLES.

Break 2 large eggs into 1 cup sifted flour, add a pinch of salt. Beat eggs with a fork, gradually working in the flour. When all the flour has been taken up, turn on board and knead until as smooth as glass. Do not work too much flour into the dough.

Pinch off piece the size of an egg, roll as thin as paper. Let stand about one hour, cut in strips, stack, and with a sharp knife cut into 1-8 inch strips or finer if desired. Drop in well-seasoned boiling broth.

Noodles may be served as a vegetable. Drain noodles when cooked and mix with 1-2 cup coarse bread crumbs fried in butter, reserving part of the crumbs to put over the top. This is an excellent dish to serve with fried chicken. *

ROAST LEG OF LAMB.

Remove the caul (thin membrane) and wipe meat with wet cloth. Make a small incision 1-2 inch deep with the point of a sharp knife and insert a tiny sliver of garlic at intervals of each three inches square. Sprinkle with salt and pepper, place in hot roasting pan, pour boiling water over it, dredge with flour and place in hot oven. Baste with water and drippings every 15 minutes until meat is done. The heat in oven should be reduced after the first 30 minutes of roasting. Roast from one and three quarters to two hours. Serve with mint sauce. *

FRIED MUTTON CHOPS.

Trim off all extra fat and skin. Season with salt and pepper and dip each chop in beaten egg, then in cracker crumbs; dip again in egg and crumbs and fry brown in fat hot enough to fry crullers. Serve hot and dry on a warm platter. *

VEAL LOAF.

2 pounds veal ground in meat chopper
1 teaspoonful minced onion
1 teaspoonful salt
1-2 teaspoonful ground cloves
Pinch of sage
1-4 cup Crisco
2 eggs
1 cup bread crumbs

Add Crisco to chopped meat; season with spices; add bread crumbs and put together with well beaten eggs. Place into well-greased pan and steam for 2 hours.

If open oven is used, place the pan containing the veal loaf, in larger vessel containing 1 cup of water to prevent crust being formed. Bake 1 hour. Serve on platter garnished with watercress and tomato sauce. *

VEAL CUTLETS.

Trim cutlets, season with pepper and salt, and dip in slightly beaten egg, then roll in bread crumbs. Fry in deep fat hot enough to turn a crumb of bread a golden brown in 60 seconds. Drain on paper. *

ROAST PORK.

The loin and spare-ribs are the best pieces for roasting. Trim and wipe the meat, rub well with salt, pepper and sage, place in a hot roasting pan, dredge with flour. Cook it moderately at first, as a high heat hardens the rind before the meat is heated through; increase heat until surfaces are brown, baste, reduce heat and roast a loin weighing six pounds about two hours, allowing more time if it should be very fat. Baste every 20 minutes. Make a gravy with flour stirred into the pork drippings. Serve with apple sauce and pickles.*

RYZON APBRIBA LOAF.

1 cup bacon, fried crisp and chopped fine
1 cup chopped sour apples
1 cup boiled rice
1-2 teaspoonful salt
1-4 teaspoonful paprika
1 egg, well beaten
1 cup milk
1 cup flour
1 teaspoonful Ryzon baking powder.

Put bacon into a basin, add apples, rice, seasonings, egg, milk, and flour sifted with baking powder. Beat all well together and bake in a well-greased pan for thirty minutes, or boil for one hour in equally well-greased tins. Serve hot, garnished with fried apples; or cold, lightly spread with mayonnaise dressing.

Mrs. Clara Lewis.

POTTED HAM.

Use for this the harder portions and the pieces that do not make presentable slices. Allow one-third fat to two-thirds lean. Make fine enough to make a smooth paste. Season with salt and cayenne pepper. Heat thoroughly and pack firmly in small pots. *

ROAST TURKEY.

A dressed turkey weighing eight or ten lbs. is usually best. Singe, remove pin-feathers, oil bag, tendons in legs, entrails and crop. Wipe, stuff and tie or truss the feet to the tail and the wings to the sides.

Rub with salt, pepper, butter and dredge lightly with flour. Put turkey fat in pan, lay turkey on one

side and put in hot oven. When the flour begins to brown, check the heat. Baste the turkey with butter melted in hot water at first, afterward baste every twenty minutes with the fat in the pan; roast about three hours, or fifteen minutes to every pound. Add a pint of water as soon as fat is brown. Lay turkey breast down to avoid dry white meat. turn as needed to brown evenly. If turkey browns too fast cover with waxed paper.

A very large turkey, as one weighing from fifteen to twenty pounds, should be well steamed in a large steamer before it will be tender enough to roast properly. *

ROAST CHICKEN.

Dress, clean, stuff and truss a 4 pound chicken. Rub with salt and pepper and place in roasting pan. Rub into a paste 3 tablespoonfuls butter and 2 tablespoonfuls flour and cover breast and legs with it. Dredge bottom of pan with flour. Place in a hot oven and when flour is browned baste with one-fourth cup of butter, melted in one-half cup boiling water. Reduce oven heat and baste every ten minutes until chicken is done. If water dries from the bottom of the pan, add more. A four pound chicken requires one and one-fourth hours to roast. *

DRESSING FOR FOWLS. NO. 1.

Pour cold water over finely broken bread; squeeze. Season with salt, pepper and sage, add a liberal amount of butter and a little onion. Oysters may be added if desired, in this case omit onions.

Mrs. Margaret Turner.

DRESSING FOR FOWLS. NO. 2.

Stuff chicken with quartered apples to which has been added a tiny bit of sugar, nutmeg and butter. Season chicken with salt and pepper and roast as usual.

The fatter the fowl, the better the dish.

Do not serve apples. *

ROAST WILD DUCK.

Cover the breast of duck with thin slices of bacon, sprinkle with salt and pepper, roast in a quick oven, basting often with the fat in the pan.

The flavor of wild ducks is improved by a stuffing of prunes and apples, pared, cored and cut in quarters, or three small onions may be put into the body of the duck to improve the flavor. Neither the apples or the onions are to be served. If a stuffing to be eaten is desired use the following:

1 cup cracker or bread crumbs
1-2 cup finely chopped nuts
1-2 cup cream, rich milk or meat broth

2 tablespoonfuls butter
Few drops onion juice
Salt
Pepper
Cayenne *

PRESSED CHICKEN.

Dress clean and cut up a large fowl. Put into a pan with two large slices of onion, a bit of celery, or half a teaspoonful of celery seed tied in a bit of cheesecloth, and about two inches of very thin cut lemon rind, yellow on both sides. Add boiling water barely to cover and one teaspoonful lemon juice. Simmer slowly until the meat is tender and falling from the bones. When half cooked, add one tablespoonful salt. Free the meat from all skin and bones. Boil the stock in pan, reducing it to about one cup. Strain it, remove fat and season to taste with salt, a few grains cayenne and a few drops of lemon juice, if needed. Season the meat; decorate the bottom of a mould with sliced egg, or sliced stuffed olives. Pack in the meat, pour the stock over and put a plate or board with a weight on top of the mould. Keep in a cool place until firm. In warm weather add 1 teaspoonful gelatine, soaked and dissolved over hot water, to the strained stock.

If preferred, the stock may be stirred into the meat before it is packed instead of being poured in. *

FRIED CHICKEN.

Select young tender chickens and disjoint. Wash carefully and let stand over night in refrigerator. Then cook by one of the following methods.

A.

Drain chicken but do not wipe dry. Season with salt and pepper and dredge well with flour.

Fry in deep fat hot enough to brown a crumb of bread in 60 seconds. It will require 10 to 12 minutes to fry chicken.

Drain on paper and place in oven or warmer until ready to serve.

B.

Drain chicken but do not wipe dry. Season with salt and pepper and dredge with flour. Put 3 tablespoonfuls of fat into frying pan and when hot place chicken in pan, cover and steam for 10 minutes. Remove the cover from the pan and allow the chicken to brown, taking care to turn frequently. Serve on platter, garnished with parsley. *

CHICKEN CROQUETTES.

Cut the meat of one medium sized chicken in small pieces
1-2 teaspoonful celery seed
1 teaspoonful salt
1 teaspoonful lemon juice
1-4 teaspoonful onion juice
1 teaspoonful finely chopped parsley
Paprika

1-2 cup bread crumbs, put together with 1 cup white sauce
1 egg

Cool and shape in ordinary method. Fry in deep fat hot enough to brown a crumb of bread in 40 seconds. The white meat of the fowl absorbs more sauce than the dark meat, and this must be remembered when the dark meat is used alone. Croquette mixtures should be as soft as can be conveniently handled so that the croquettes will be soft and creamy. These may be arranged about a mound of green peas. *

LEFT-OVER CHICKEN.

Remove meat from bones, chop fine, add left-over gravy, season to taste. Bring to a boil and pour over thin slices of toast. *

FISH.

BAKED SALMON WITH DRESSING.

Select a firm piece of salmon, remove scales and wash well. Red fish, because of their containing strong fat and salts, should be parboiled with spices, etc., as in boiled salmon, then removed from liquid. Stuff and bake in a slow oven one hour, basting often with melted butter.

Dressing for Fish:

1 cup stale bread crumbs
1 teaspoonful chopped parsley
1 tablespoonful chopped onion
1-4 teaspoonful salt
1-8 teaspoonful pepper
1-4 cup melted butter
Cold water to moisten *

BAKED CANNED SALMON.

Remove bones from one can of salmon, add equal amount bread crumbs, butter the size of a walnut, season with salt and pepper. Put in pan, cover with milk and bake brown.

Mrs. Rebecca McCarty.

SALMON LOAF NO. 1.

1 can salmon picked fine with a fork
4 eggs
4 tablespoonfuls butter
3-4 cup bread crumbs
Salt and pepper

Combine ingredients and steam for one hour. Serve with white sauce.

Mrs. Emma Himes.

SALMON LOAF NO. 2.

1 can salmon
7 crackers
1 egg
Salt and pepper

Mix salmon, cracker crumbs, egg, season to taste. If too dry a little water may be added. Bake in two small loaves. Slice when cold and serve on lettuce.

Marie Winfrey.

BOILED SALMON OR TROUT.

6 pounds fish
1 teaspoonful whole mixed spices
Juice of 1-2 lemon
1 large onion
Handful fresh parsley
6 or 8 peppercorns
Salt

Put the fish on to cook in cold water, add seasonings and spices, simmer and allow it to come to a boil very slowly. When it boils or leaves the bone it is done. Serve with melted butter to which may be added a tablespoonful of the soup. Throw the balance of the soup away.

Fish served in this manner with potatoes which have been pared and cooked in salted water are sufficient for a meal. Do not drink milk or eat sweets with the fish meal. *

STEAMED OR BOILED HALIBUT.

To steam, place in a steamer over hot water and cook about 45 minutes.

To bake, put the fish in warm liquid and bring it quickly to the boiling point, then let simmer until the flesh will separate readily from the bones. Have the liquid to just cover, add a teaspoonful of salt and a little vinegar or lemon juice to two quarts of water. When fish is cooked, drain and serve with Hollandaise sauce. Garnish with parsley. *

FISH PUDDING.

Boil two pounds fish in clear water till done. Shred or break in small pieces, free from skin and bone. Make cream sauce of

1 cup milk
1 tablespoonful Crisco
1 tablespoonful flour
1 teaspoonful salt
1-4 teaspoonful onion juice

When thick, add the flaked fish. Stir well, and when taken from the fire, add 2 well beaten eggs; mix thoroughly. Press in a greased mould, cover with greased paper, set mould in warm water, bake in oven one half hour. Serve with cream sauce, potato balls and chopped parsley. *

FRIED FISH.

Clean fish and wipe dry, sprinkle with salt and pepper; dip in flour, egg and crumbs and fry in deep butter or other fat. Cook over a hot fire about 1-2 hour, depending on the size of the fish, allowing it to become crisp, but not scorched. Drain perfectly dry on paper and serve with parsley and onion. *

SCALLOPED OYSTERS.

Line a buttered dish with alternate layers of cracker crumbs, oysters and sufficient butter, salt and pepper to season until dish is full. Cover with milk and bake until brown.

Mrs. Margaret Turner.

FRIED OYSTERS.

Choose selected oysters and dry between towels. Roll in cracker crumbs, season with salt and pepper, then in beaten egg and then in cracker crumbs again. Fry in deep fat until a golden brown. For frying oysters the fat should be hot enough to turn a crumb of bread a golden brown in 20 seconds. Drain on paper. *

Sauces for Meat and Fish.

APPLE SAUCE.

Wipe, quarter and core twelve tart cooking apples. Cook until tender and sprinkle with 4 tablespoonfuls sugar, 1-2 teaspoonful cinnamon and a pinch of salt. Do not make it too sweet. If the apples are not very sour add the juice of half a lemon. *

CRANBERRY SAUCE.

1 quart cranberries
1 cup sugar
1 pint water

Wash the cranberries, add water, put them on fire but in a covered sauce pan. Let them simmer until each cranberry bursts open. Remove cover from the saucepan, add the sugar and let them boil for 20 minutes without the cover. The cranberries must never be stirred from the time they are placed on the fire. *

STRAINED CRANBERRY JELLY.

1 quart cranberries
2 cups sugar
2 cups water

Cook fruit about ten minutes or until all cranberries burst. Rub through a fine strainer and add sugar. Cook ten minutes longer. Put in moulds and chill. *

CREOLE SAUCE.

2 tablespoonfuls chopped onion
4 tablespoonfuls chopped green pepper
2 tablespoonfuls melted butter or compound
2 tomatoes
6 olives
1 teaspoonful salt
Pepper
1 cup tomato sauce

Cook onion and pepper with the compound for five minutes. Add the tomatoes and olives and cook two minutes. Then add the tomato sauce, stir well and allow to stand a few minutes on the range before serving. *

HOLLANDAISE SAUCE.

1-2 cup butter
Few grains cayenne

2 egg yolks
1-4 teaspoonful salt
1 tablespoonful lemon juice

Wash butter, divide in three pieces; put one piece with egg yolks and lemon juice in a saucepan. Work together until smooth, and set saucepan over hot water, stirring constantly until butter begins to melt. Then add second piece of butter, and, as it thickens, the third piece, lifting saucepan occasionally from water, that sauce may not curdle. Season with salt and cayenne and serve immediately. If sauce curdles, add 1 tablespoonful of heavy cream or 2 tablespoonfuls white sauce, and beat well. For a thinner sauce, add 1-3 cup boiling water and cook one minute.

Serve with fish, steak or vegetables.

Mrs. Frances Walrod.

MINT SAUCE.

4 tablespoonfuls minced mint leaves
1 tablespoonful sugar
1-2 teaspoonful salt
6 tablespoonfuls vinegar

Place mint in small covered bowl or cup and cover with sugar; let it stand one hour. Add salt to hot vinegar and pour over the mint; let this infuse ten minutes before serving. *

TOMATO SAUCE.

1 cup strained tomato juice
1-2 teaspoonful onion juice
1-4 teaspoonful salt
1-8 teaspoonful pepper

Put together 2 tablespoonfuls Crisco and 2 tablespoonfuls flour, add to tomato juice, season and let simmer in double boiler for 5 minutes. *

WHITE SAUCE.

Put 2 tablespoonfuls butter into a saucepan, stir until melted and bubbling; add 2 tablespoonfuls flour, salt, pepper and stir until well mixed. Pour on slowly one cup milk, stirring until smooth.

Mrs. Emma Himes.

RELISH WITH MEATS.

Horse-radish grated, cabbage chopped, beets cooked and chopped, equal parts.

Mix and add vinegar until about consistency of mustard. Will keep all winter.

"Aunt Martha" Hartshorne.

Eggs and Cheese.

POACHED EGGS.

Carefully break 1 egg at a time into a frying pan, partly filled with salt water, almost boiling, baste with the water until the white is firm; serve boiling hot. Milk may be used instead of water. *

SCRAMBLED EGGS.

Beat the eggs with one tablespoonful milk for each egg, season with salt and pepper. Melt one tablespoonful butter in frying pan, turn eggs in and stir constantly until a light yellow mass. *

BAKED EGGS.

Carefully break eggs into buttered granite pie pan, add salt, pepper and bits of butter; bake until white is set. *

PUFFY OMELET.

1 egg beaten separately
1-8 teaspoonful salt
1 tablespoonful milk or water
Pepper

Beat white stiff, add beaten yolk and fold together. Add salt, pepper, and milk or water. Turn into hot buttered pan, cook slowly and evenly. When firm, fold and serve. 2 tablespoonfuls bread crumbs softened in milk or white sauce may be used instead of water.

Mabel Ireland.

EGG BOXES.

Cut bread one and one-half inches thick. Cut center with cutter and remove bread deep enough to put in the egg. Break egg in hollow and put in oven or under broiler until egg is set. *

EGG NESTS.

Separate yolk from white, and beat white stiff. Arrange on a slice of bread, leaving a hollow in which to drop the yolk. Cook as egg boxes, until egg sets or bread toasts. Bread may be toasted before or after the yolk is put on. Hollow in bread may be buttered. *

STUFFED EGGS.

6 hard boiled eggs
4 slices bacon
Crumbs of 1 small cracker
Vinegar
Salt

Cut the eggs into halves, lengthwise. Dice the bacon and fry crisp. Rub the yolks to a paste with the diced meat, seasonings and drip-

pings, form into balls the size of the yolk removed, and pack into the space from which they were taken.

Mrs. Juanita Black.

DEVILLED EGGS.

Boil eggs hard; drop in cold water and remove shells. Cut in half, remove yolks and mash fine. Add salt, pepper, mustard to taste, butter and vinegar to make smooth. Replace yolks and serve. *

EGG SALAD.

Cut hard boiled eggs in strips, rub yolks through sieve, mix with equal weight of Parmesan cheese, season with chopped olives, pepper, salt and enough milk and melted butter to moisten. Whip the whites with this mixture, serve on lettuce and garnish with parsley.

Mrs. Charlotte T. Bennion.

COTTAGE CHEESE.

Set thick sour milk into warm water or in a warm oven until the whey is well separated and the curd feels firm all the way through. Turn gently on to a coarse thin cloth and hang up to drain for several hours. Turn from the bag and chop into dice, dressing with salt and cream, either sweet or sour, according to taste; or mix salt and cream through the mass, working it fine with a fork or spoon.*

COTTAGE CHEESE PIE.

Line a tin with roll mixture.

Filling:

1-2 cup cheese
2 tablespoonfuls flour
3 eggs separated
1-4 cup sugar
1 tablespoonful melted butter
1-2 teaspoonful vanilla
1-4 cup currants
2 tablespoonfuls cream or milk

Beat smooth the cheese, flour and a few grains of salt. Beat eggs and sugar together. Then add cheese, currants and flavoring. Add beaten whites of eggs last. Put into an uncooked lower crust and bake in a moderate oven until it sets. *

CHEESE DREAMS.

2 teaspoonfuls baking powder
1-2 teaspoonful salt
1 tablespoonful butter
1-3 cup milk or water
1-2 cup cheese

Mix and sift the dry ingredients. Work in the butter lightly with the tips of the fingers. Add liquid gradually and then sprinkle in the cheese which has been grated. Toss on a floured board and roll out one-fourth inch in thickness and cut with small cutter. Bake in hot oven ten minutes and serve hot with salad course. *

CHEESE FONDU.

1 cup chopped cheese
1 cup bread crumbs

1-2 teaspoonful salt
1 1-2 cups milk
2 eggs

Scald the milk and add bread crumbs; add the beaten egg yolks, cheese and salt. Fold in stiffly beaten egg whites. Bake twenty minutes in moderate oven and serve at once.

Mrs. Charlotte T. Bennion.

CHEESE AND POTATOES.

Cut raw potatoes in cubes, cover with milk, add grated cheese, salt and pepper and bake until brown.

Mrs. Annie Tuckfield.

CHEESE STRAWS.

To left over pie dough add yellow cheese finely chopped. Roll on floured board and cut in strips one inch wide and four inches long. Bake until a light brown in a quick oven.

Ada Orme.

CHEESE ON TOAST.

Put toast in pan, lay thin slices of cheese over them and pour over a custard made of the following:

3 eggs
1 pint milk
Pinch salt

Bake until custard is set. Serve immediately.

Mrs. Margaret Turner.

Salads.

There may be some objection made to the use of olive oil. The taste for pure olive oil can readily be cultivated and as it is 100 per cent fat of the purest type, although it contains no Fat Soluble "B" vitamine, it is a food, a liver tonic, stimulant and antiseptic and is used in the best grade of canned salmon, sardines, etc.

It is the principal ingredient in the much advertised California "Fruitola" gall stone cure, which consists of setlitz powders, one white and two blue, taken at 3 p. m., no supper, six ounces pure olive oil at bed time, allaying the nausea at time of taking and throughout the night (if necessary) with lemon, retaining the oil on an empty stomach; and on arising, before breakfast, taking a similar dose of setlitz powders, which usually relieves the hepatic congestion or the infected bile passages.

CREAM DRESSING.

1 tablespoonful butter
1-4 teaspoonful salt
2 tablespoonfuls sugar
2 tablespoonfuls vinegar
2 eggs
1-2 pint cream

Beat eggs, add sugar, salt, vinegar and butter and cook in a double boiler until it thickens. Cook and add whipped cream.

Docia Officer.

ECONOMICAL SALAD DRESSING

1 tablespoonful flour
1 teaspoonful mustard
1 teaspoonful salt
1 teaspoonful sugar
1-2 cup vinegar
1-2 cup water
1 egg
Few grains paprika

Mix dry ingredients thoroughly. Add mixed vinegar and water slowly and boil until thick like custard. Remove from fire and drop unbeaten egg in and beat thoroughly.
Add more sugar for fruit salad.

Mrs. Leila Arrington.

FRENCH DRESSING NO. 1.

1 egg yolk
1-2 cup olive oil
Lemon juice to taste

Beat the egg yolk slightly, add olive oil, a drop at a time, beating all the while. Add lemon juice to taste. Will keep in the ice box indefinitely. Add paprika at time of using, if desired.

Mrs. Juanita Black.

FRENCH DRESSING NO. 2.

1 cup vinegar
1 teaspoonful salt
3-4 teaspoonful oil
2 teaspoonfuls sugar
1-8 teaspoonful paprika
1 tablespoonful Worcestershire sauce.
2 tablespoonfuls catsup

Mix the vinegar, salt, oil and sugar. Shake well. Add paprika, sauce and catsup. *

MAYONNAISE DRESSING NO. 1.

1 cup sugar
1 teaspoonful salt
1 1-2 teaspoonfuls mustard
1 tablespoonful flour
1 cup vinegar
1-2 cup water
2 eggs
1 cup cream
Butter the size of a walnut

Mix thoroughly the sugar, salt, mustard and flour. Then add butter, eggs, and vinegar. Boil until thick. When cool add the cream whipped.

This may be used over any fruits or vegetables.

Ethel Kane, and Lillian Peterson.

MAYONNAISE DRESSING NO. 2.

2 egg yolks
1 teaspoonful mustard
1 1-2 tablespoonful sugar
Red pepper, few grains
1-2 tablespoonful flour
1 1-2 tablespoonfuls melted butter
3-4 cup milk or cream
1-4 cup vinegar
1 teaspoonful salt

Mix dry ingredients. Beat yolks, add part of cream, dry ingredients, balance of cream and vinegar. Let come to a boil, add butter.

Mrs. Rebecca McCarty and Mrs. Olive Kallstrom.

MAYONNAISE DRESSING NO. 3.

2 eggs
1-2 cup lemon juice
1-2 teaspoonful salt
1 tablespoonful sugar
2 tablespoonfuls flour
Butter size of 2 walnuts
3-4 cup milk

Beat eggs until lemon color, add sugar, salt and flour until well blended. Then add the milk, lemon juice and butter. Cook in double boiler or single dish and stir constantly until thick. Remove from fire and cool.

Should the dressing curdle, place in a pan of cold water and beat vigorously with an egg beater.

If more acid is needed for making potato salad, use less milk and more lemon juice.

More sugar may be added for fruit salads, if desired.

Mrs. Amelia Harper.

MAYONNAISE DRESSING NO. 4

Mash fine the yolk of one hard boiled egg, add 1 teaspoonful each of salt, dry mustard, sugar and the yolk of one raw egg. Mix the ingredients well, then add olive oil very slowly, about 1 pint. Add lemon juice to suit taste, stirring constantly in one direction all of the time, then add 1 cup whipped cream. *

ORANGE FRUIT DRESSING.

3-4 cup sugar
1 tablespoonful corn starch
1 tablespoonful lemon juice
Juice of one orange
3-4 cup boiling water
1 cup whipped cream
Chopped nuts

Mix thoroughly the sugar and cornstarch; add lemon and orange juice and boiling water. Cook 10 minutes. When cool add whipped cream. Sprinkle nuts over any kind of fruit used.

Mrs. Charlotte T. Bennion.

THOUSAND ISLAND DRESSING.

To mayonnaise dressing add two tablespoonfuls pimentos, a few chives, a little vinegar and 2 tablespoonfuls each of tomatoes, catsup and chili sauce. Fold in one-half cup of stiffly whipped cream and two hard boiled eggs (chopped) before serving. To be used with lettuce. *

CABBAGE SALAD.

1-2 small head cabbage
3 medium sized tomatoes
2 large sweet peppers
1 cup vinegar
1-3 cup sugar

Salt and pepper

Chop cabbage, cut tomatoes and peppers fine, add vinegar and sugar, and season to taste. Stir lightly. Let stand in ice box several hours before serving.

Mrs. Henrietta Collier.

CELERY AND APPLE SALAD.

6 large apples
1 stalk celery

Peel apples, clean celery and cut in dice. Mix together and cover with the following dressing:

2 tablespoonfuls sugar
1-2 teaspoonful salt
1 tablespoonful flour
2-3 cup water
1-3 cup vinegar
1 cup whipped cream
1 cup walnut meats (chopped)

Mix sugar, salt and flour well, add water and vinegar. Let come to a boil; cool, then add whipped cream.

Sprinkle nut meats over top of salad.

This dressing may be used for any fruit salad.

Mrs. Charlotte T. Bennion.

CHICKEN SALAD.

Meat of 1 chicken
8 eggs (hard boiled)
Cabbage and celery, equal parts
2 tablespoonfuls sugar
2 tablespoonfuls butter
1 teaspoonful mustard
1-2 cup vinegar
Salt and pepper

Boil the chicken until it is tender, cut in small pieces; chop the whites of the eggs; add the chopped cabbage and celery. Mash the yolks fine and add sugar, butter, mustard, with salt and pepper to taste. Add vinegar and mix well. *

HOLLY WREATH SALAD.

Place slices of pineapple on lettuce leaves, and around the edge place candied cherries and candied citron (cut in the shape of leaves) to imitate holly. Serve with French or mayonnaise dressing.

Mrs. Inez Chantron.

SALAD.

2 cups green peas, 1 cup celery, cut fine; 1 orange, cut into cubes, and one cup pineapple. Mix with French dressing and serve on shredded cabbage. *

POINSETTA SALAD.

Wash well shaped, uniform tomatoes. Divide the tomatoes into six or eight petals, cutting just through the skin and nearly to the bottom (stem end). Place on lettuce leaf, bend loosened petals down on to plate. Cut tomato into sections the same size as the petals, being careful not to cut entirely through the bottom. Put a couple of teaspoonfuls of mayonnaise dressing on top. *

POTATO SALAD NO. 1.

Boil potatoes in their skins, when cold peel and slice thin. Pour over them a dressing made of

1 cup sour cream
Juice of 1 lemon
2 teaspoonfuls vinegar
1 tablespoonful sugar
Salt and cayenne pepper

Mrs. Mildred Steveson.

POTATO SALAD NO. 2.

6 medium sized potatoes
3 hard boiled eggs
6 slices bacon (cut in small squares and fried crisp)
2 medium sized onions (cut fine), salt, pepper, and vinegar.

Mash potatoes (while hot) and eggs together; add bacon with drippings, onions, vinegar and seasonings.

Mrs. Juanita Black.

SALMON SALAD.

1 can red salmon
1 can peas
6 pickles
Salt and pepper

Mrs. Maud Sollars.

STUFFED TOMATO SALAD.

6 medium sized tomatoes
Mayonnaise dressing
1-4 medium sized head cabbage chopped fine
1-4 to 1-2 green pepper (remove stem and seeds)
Salt, pepper, celery salt
6 lettuce leaves.

Peel tomatoes, cut a thin slice from top of each and remove pulp. Invert and let stand on ice for half an hour. Mix cabbage and pepper, season and add sufficient dressing to moisten. Refill tomatoes. Place a spoonful of dressing on top and serve on a lettuce leaf.

Green pepper may be omitted if desired. *

SALAD.

1 can peas
1-2 dozen boiled eggs (cut in squares)
3 stalks celery (chopped fine)
Grated cheese
Salt

Mix together and over the whole pour salad dressing. Serve on lettuce leaves.

Mrs. Charlotte T. Bennion.

VEGETABLE SALAD NO. 1.

2 or 3 large onions
Green peppers (equal in proportion to onions)
3 or 4 tomatoes
1-2 cup vinegar
Bacon drippings or olive oil
Salt to taste

Slice onions, remove stem and seeds from peppers and slice; the tomatoes must also be sliced. Arrange on a platter in layers and pour over the cooled dressing made of the

vinegar, oil, drippings and salt. Garnish with parsley or lettuce leaves.

Mrs. Nellie Schooler.

VEGETABLE SALAD NO. 2.

1 medium sized bowl of cabbage
2 pimentos
4 or 5 stalks celery
1 package lemon jello

Chop cabbage, pimentos and celery very fine; mix and season. Put in moulds and pour jello over. When cold serve with mayonnaise dressing.

Ruby Earl.

VICTORY SALAD.

1 apple
1 stalk of celery
1 cucumber
1-2 green pepper
1 can Brown Beauty beans
5 small sweet pickles
1 tablespoonful sugar
3 tablespoonfuls vinegar

Chop apple, celery, cucumber, and pepper fine. Add heated vinegar, sugar and the liquid from the beans. Serve cold.

Mrs. Emma Himes.

WATERCRESS SALAD.

Pick over 2 bunches of watercress, removing wilted leaves and lower part of stems; keep in cold water until serving time so that it will be crisp. Chop 1-2 small white cabbage, 1 green sweet pepper and 1 onion, removing the seeds and white inside skin from the pepper, put them in a basin of cold water for about thirty minutes to reduce strong flavors. Drain, mix with lemon juice and olive oil to suit taste; season with celery salt and, if desired, a dash of pepper. Serve the chopped vegetables in a border of watercress. *

CANDLE SALAD.

Into one slice of pineapple insert half of a straight banana. Place a Maraschino cherry on top of each. Pour mayonnaise dressing on one side of each banana and allow it to run down to the pineapple, as the melted tallow on candle. Nuts may be sprinkled over all if desired.

Ada McClain.

FRUIT SALAD NO. 1.

1 large can pineapple
1 1-2 pounds white grapes
1 pound chopped nuts
1 pound marshmellows
1 cup whipped cream

Dressing: Cook 4 eggs and 1 cup sour milk.

Chop pineapple, halve grapes and remove seeds, chop marshmellows, add the whipped cream and the dressing. Just before serving add chopped nuts.

Mrs. Leola Preator.

FRUIT SALAD NO. 2.

3 apples
3 bananas

1 can pineapple
2 oranges
1 cup nuts
A little celery

Cut fruits fine, mix and cover with the following dressing:

Juice of 1 cup pineapple
Juice of 1 orange
Juice of 1-2 lemon

Heat to boiling point and thicken with cornstarch. When cool pour over fruit. Add chopped nuts last. Whipped cream may be added if desired.

Beatrice Peterson and Ada Orme.

NEW YORK SALAD.

4 slices pineapple
1-2 cup celery
1-2 cup chopped nuts
2 oranges
Cream mayonnaise
Lettuce.

Arrange slices of pineapple on nests of lettuce leaves. Cut celery in slender strips, one and one-half inches long. Mix with nut meats. Pile in center of pineapple, garnish with oranges (free from membrane) laid symmetrically on pineapple. Pass dressing separately.

Mrs. Frances Walrod.

Vegetables.

CREAMED ASPARAGUS.

2 bunches asparagus
1-2 cup cream
1-4 teaspoonful salt
Few grains pepper

Cut the tender parts in bits as long as the stems are thick and cook in a little water until tender. Let the asparagus cook nearly dry, add the cream and thicken with a little flour rubbed smooth in water. Reduce to thick sauce, add seasonings and serve on toast or in sauce dishes.

1-2 cup milk and 1 heaping tablespoonful butter may be used in place of cream. *

BAKED BEANS.

1 quart navy beans
1-2 pound salt pork
1 tablespoonful salt
1-2 teaspoonful mustard
1 tablespoonful molasses

Wash and pick the beans over and soak over night. In the morning drain, cover with cold water; bring slowly to the boiling point and parboil for half an hour. To test, take up a spoonful and blow on them, if the skins curl back they are done. Drain in colander; place in a two quart earthen bean pot a layer of beans, then add the salt pork, which has been previously

washed and gashed across the top. Dissolve the seasonings and molasses in a cup of hot water, pour over the beans, then fill the pot with hot water, cover and bake from six to eight hours, renewing the water as it evaporates until the beans are nearly done. *

BEET GREENS.

Take the tender red beets and stems. Cook tender, place on a platter and cover with the following dressing.

1 pint water
6 tablespoonfuls vinegar
Butter
Salt and pepper
Cornstarch to thicken

Grace Von Nordeck.

BEET RELISH.

1 cup water
2 teaspoonfuls flour
1 teaspoonful salt
4 tablespoonfuls butter
4 tablespoonfuls cream
Pinch red pepper

Mix and boil until thick and pour over beets. Omit cream when canning.

Mrs. Etta French.

CREAMED CABBAGE.

Chop fine as much cabbage as is needed, boil in salt water until tender. Drain, add milk, butter, pepper and enough flour to make it creamy. Return to the fire and cook for a few minutes.

Mrs. Mildred Steveson.

CABBAGE TAMALE.

Mix equal parts cooked rice and ground raw beef, season with salt and pepper. Pour boiling water over cabbage leaves, and remove leaves from water. Place a small quantity of meat and rice mixture on each leaf, roll up, and fasten with a tooth pick. Drop in boiling liquid in which leaves have been wilted and cook for 45 minutes

Ingeborg Peterson.

FRIED PARSNIPS OR CARROTS.

Peel and slice carrots lengthwise; boil in salt water until tender; drain. Roll in beaten egg, then in cracker crumbs and fry in butter.

Mrs. Clarene T. Quinn.

CARROTS.

Peel, slice lengthwise and allow to stand in cold water for a couple of hours. Boil in salt water to which has been added 1 teaspoonful sugar, 5 tablespoonfuls Mazola oil. Stew until carrots are tender and dry.

Mrs. Henrietta Collier.

SCALLOPED CORN.

1 can corn
2 eggs
1 teaspoonful salt

1-4 teaspoonful pepper
1 1-2 tablespoonfuls melted butter
1 pint scalded milk.

Mix in order given, turn into buttered pudding dish. The dish should be covered. *

CORN A LA SOUTHERN.

1 can chopped corn
2 eggs beaten
1 teaspoonful salt
1-8 teaspoonful pepper
1 1-2 tablespoonfuls butter
1 pint scalded milk

Mrs. Charlotte T. Bennion.

BAKED CORN AND TOMATOES.

1 can corn
1 can tomatoes
Bread crumbs
Butter
Salt
Pepper

Cover the bottom of a baking dish with a layer each of corn and tomatoes, sprinkle with bread crumbs, add butter, salt and pepper. Bake until brown.

Bessie Edwards.

EGG PLANT FRIED.

Peel and cut egg-plant in half inch slices, soak in salt water half an hour. Roll in cracker crumbs, dip in egg and roll again in cracker crumbs; fry in hot butter until brown. *

MACARONI.

Small box macaroni
1 pound Hamburger steak
1 green pepper
Salt and pepper

Boil macaroni in salt water until tender. Heat meat and pour in macaroni. Add green pepper, salt and pepper and cook until meat is done.

Alma Lou Childers.

MACARONI AND CHEESE NO. 1.

Macaroni
Milk
1 tablespoonful butter
1 1-2 cups grated cheese

Boil macaroni in salt water until tender. Pour off water and add enough milk to cover. Add butter and cheese. Boil two minutes stirring constantly.

Mrs. Bessie L. Pavlish.

MACARONI AND CHEESE NO. 2.

One cup macaroni broken into one inch length. One cup cheese (grated) dash of pepper, one teaspoon salt and two cups of milk. Cook macaroni in fast boiling water and blanch with cold water. Put layer of macaroni in buttered dish and sprinkle with salt and paprika; add half of cheese, balance of macaroni and cheese. Pour over this the milk and bake one half hour. *

STUFFED MANGOES.

4 large sweet peppers
2 large potatoes
3 large tomatoes
1 pound cabbage
1 large onion
Sliced bacon
1 pint boiling water
Salt to taste

Remove stems and seeds of peppers, chop or cut fine potatoes, tomatoes, cabbage and onion. Mix well, stuff peppers, put in baking dish and fill space between peppers with the remainder of the mixture. Cover with sliced bacon, pour boiling water over top and bake in a slow oven 1 hour.

Mrs. Henrietta Collier.

MOCK OYSTERS.

1 bunch salsify
3 eggs
1 cup cream
Butter size of a walnut
3 tablespoonfuls flour
1 teaspoonful salt

Grate salsify, add other ingredients and fry as pancakes.

Three parsnips in place of salsify is nearly as good.

Mrs. Jennie A. Miller.

BAKED POTATO WITH PORK.

6 large potatoes
3 large slices boneless pork
1 onion
Celery to taste
Butter size of an egg
Salt and pepper

Bake potatoes with skins on, cut in half. Remove the inside and mash. Fry pork very brown and put through the chopper with the onion and celery. Add mashed potatoes, season to taste and add butter. Refill potato shells, fasten with tooth-picks and bake 10 minutes. Serve in shells.

Any cold meats may be used.

Mrs. Sylvia Storey.

FRENCH FRIED POTATOES.

Pare potatoes and put in cold water for at least one hour. Cut in slices, blocks, strips, balls or any fancy shape and dry them on a towel. Drop quickly in fat hot enough to brown them by the time they come to the surface. They are done when they float. Skim in a draining basket and set in oven to keep hot. Use either as a garnish or a vegetable.

Mrs. Iva Gates.

POTATOES AU GRATIN.

6 large potatoes
Cheese, grated
Butter
Salt and pepper
Milk to cover

Peel potatoes, cook until nearly done and slice. Put into a baking dish a layer of potatoes, a layer of grated cheese; add butter, salt and pepper; continue until dish is full.

(the top layer must be cheese.) Pour milk over and bake until brown.

Mrs. Sylvia Storey.

MASHED POTATOES.

Wash and peel potatoes and place in pan of cold water. Cover and cook. Drain, mash with butter, salt and pepper, and beat well. Add hot milk, beat again and place in hot oven until ready to serve. *

POTATO PUFF.

2 cups cold mashed potatoes
2 tablespoonfuls melted butter
2 well beaten eggs
1 cup cream

Stir butter into potatoes and beat to a cream. Add eggs and cream, mix well. Pour into a dish and bake in a quick oven. *

STUFFED POTATOES.

4 or 5 large potatoes
1-2 tablespoonful butter
1-4 cup milk
1-2 teaspoonful salt
1-4 teaspoonful pepper
1 cup grated cheese
1-4 cup chopped nuts

Select smooth potatoes; bake until done. Cut in half, lengthwise; remove potato and mash. Add the butter, milk, salt and pepper, cheese and nuts; beat until light. Refill shells, and place on top of each a small lump of butter. Put back into the oven and bake until brown.

Ada McClain.

SWEET POTATOES

3 pounds sweet potatoes
1-3 cup Mazola oil
1-4 cup sugar
Salt

Peel and slice in thick slices, add oil, sugar and salt; cook thoroughly and allow the pan to become dry before removing potatoes.

Mrs. Henrietta Collier.

CANDIED SWEET POTATOES.

6 medium sized potatoes
1 cup sugar
3 tablespoonfuls butter

Peel potatoes and cut in half, lengthwise. Boil until tender, add sugar and butter; cook until syrup is thick, and brown in the oven.

Mrs. Juanita Black.

CREAMED SWEET POTATOES

Peel 6 medium sized sweet potatoes, slice and boil until thoroughly done. Drain, mash and whip until light. Add butter, cream, sugar and spice if desired. Heap in a baking dish, remove a spoonful from top in which to place a lump of butter. Sprinkle with sugar and bake in the oven until a light brown.

Irene Watters.

SWEET POTATO PUFF.

2 cups hot potatoes
2 eggs
1-2 cup rich milk
1 tablespoonful melted butter

Salt
Paprika

Mash the potatoes, stir in the yolks, add milk, butter and season to taste. Just before putting into the baking dish fold in the whites of the eggs beaten to a stiff froth. *

BOILED RICE.

4 quarts boiling water
1 cup washed rice

This will make a little over one quart of soup. Boil in uncovered vessel, drain and save water for soup. Blanch with boiling water, and add 1 teaspoonful salt. *

CALCUTTA RICE.

2 cups rice
2 cups tomatoes
1-2 pound cheese
1 tablespoonful salt

Peppers, celery or onion may be added if desired.

Boil rice. Mix it with tomatoes, grated cheese and seasonings and pour into baking dish. Bake half an hour. If peppers and celery or onions are used, cut up and boil with the rice.

Bessie Edwards.

MEXICAN RICE.

1 cup rice (uncooked)
4 tablespoonfuls fat
1 pint boiling water
1 quart tomatoes
1 teaspoonful salt
1-2 teaspoonful paprika

Brown the rice in the fat, add boiling water, tomatoes, salt and paprika. Cook slowly until the rice is tender.

Mrs. Jennie A. Miller.

STEAMED RICE.

Use double boiler. Three tablespoonfuls rice to a cup of water and one-fourth teaspoonful salt. Put top of boiler on open flame, stir with a fork and boil for three minutes, then put in double boiler and boil for forty-five minutes. *

COLD SLAW NO. 1.

Chop or grind a small head of cabbage and make a dressing as follows:

1 small cup milk
1 egg
1 tablespoonful sugar
1 tablespoonful melted butter
1 teaspoonful mustard
Salt and pepper

Place in a double boiler, stir constantly while cooking. When thick set aside to cool, then add a small cup vinegar, mix with the cabbage and serve.

Irene Watters.

COLD SLAW NO. 2.

Small head cabbage chopped fine
1 cup cream (sweet or sour)
1 teaspoonful mustard
Small cup sugar
Salt and pepper

Vinegar to moisten

Mix cabbage, mustard, sugar, vinegar, salt and pepper. Add cream last and let stand in cold place 1 hour. *

ITALIAN SPAGHETTI.

1-2 box spaghetti
2 or 3 large onions
1 can tomatoes
5 or 6 pieces bacon
Red pepper
Salt

Cook spaghetti until tender. Fry onions a light brown; add tomatoes which have been put through a sieve to remove seeds. Fry bacon and chop fine. Mix all together, season to taste and serve. Grated cheese may be used over the top.

Mrs. Nellie Schooler.

SPAGHETTI.

Boil spaghetti in salt water until tender, drain. Put layer of spaghetti in baking pan about 1 inch deep, add the crumbs of 2 crackers, a layer of grated cheese 1-8 inch deep; add more layers of spaghetti, crumbs, etc., until pan is full. (The top layer must be cracker crumbs.) Cover with milk and bake in moderate oven until brown.

Mrs. Juanita Black.

BAKED SQUASH.

Cut squash in halves, remove seeds and stringy portions; place in oven in dripping pan, cover and bake. Remove from shell, mash and season with butter, salt and pepper.*

SUMMER CROOK NECK SQUASH.

Select squash with tender skins, wash well and cut in slices one quarter of an inch thick. Do not peel or remove seeds. Boil in salt water until done, mash and add butter, salt and pepper to season. *

FRIED GREEN TOMATOES.

Select large green tomatoes, slice and let soak 1-2 hour in soda water. Roll in flour and fry in butter to a crisp brown. Serve hot on lettuce leaves.

Mrs. Clarene T. Quinn.

Bread.

YEAST.

1-2 cake yeast
1 1-2 pints lukewarm potato water
2 tablespoonfuls sugar

Mix the yeast and sugar in the water in which a medium sized potato has been mashed. Set in a warm place and let stand over night.

This can be kept as "Everlasting" Yeast and may be used as stiff or sponge method.

Mrs. Margaret Turner.

"EVERLASTING" YEAST.

1 1-2 pints water in which peeled potatoes have been boiled. Put this into a half gallon glass fruit jar with 1-2 cup of sugar, add a cake of compressed yeast which has been dissolved in a little warm water.

Make this start at least six hours before it is to be used for bread.

For bread use half the yeast. When the yeast is wanted again, add 1-2 cup of sugar and three fourths of a pint of potato water. Each time save half the yeast.

Mrs. Olive L. Conner.

WHITE BREAD NO. 1.

Put into a bread-mixer one tablespoonful of salt, three of sugar and three of shortening. Pour over these ingredients a quart of boiling water and let stand until lukewarm. Then add four cups of flour and half the prepared yeast. Beat well, then add enough more flour to make it stiff enough to turn out on the moulding board. Knead well, until dough forms little blisters. (This first thorough kneading is what gives the cake-like consistency to bread.) Put into a greased bowl to rise till double its bulk. Grease top lightly and set in a warm place. When light make into loaves. Little kneading will be required. Put in greased bread pans and let rise until light. Bake in a medium oven for one hour.

Mrs. Olive L. Conner.

WHITE BREAD NO. 2.

3 medium sized potatoes
1 cake compressed yeast
1 tablespoonful salt
3 heaping tablespoonfuls sugar
1 1-2 quarts water
About 3 1-2 quarts flour.

Boil potatoes, add salt, sugar and water. When cool add yeast which has previously been soaked in 1-2 cup warm water. Make into stiff dough, grease on top and let stand six to eight hours. Knead and let stand one to one and one half hours according to temperature. Make into loaves, let stand 45 minutes and bake 1 hour.

Mrs. Bessie L. Pavlish.

WHITE BREAD.

(Quick Method.)

1 cake compressed yeast
1 quart lukewarm water
2 tablespoonfuls sugar
2 tablespoonfuls lard or butter
3 quarts sifted flour
1 tablespoonful salt

Dissolve sugar in the lukewarm water, add the broken yeast and let stand a few minutes, then add the melted lard or butter. Mix the salt in the flour; add half the flour and beat thoroughly, then add balance of flour or a sufficient amount to make a dough that can be handled. Knead until perfectly smooth and elastic. Place in greased bowl, grease top of dough to prevent the formation of a crust, cover and set aside in a moderately warm place free from draft, until light, about 2 hours. Mould into loaves, place in well greased bread pans, filling them half full. Cover and let rise until double in bulk. Bake 40 or 50 minutes. Two cakes of yeast may be used with advantage. *

WHOLE WHEAT BREAD.

1 cake compressed yeast
1 1-2 cups lukewarm water
1 1-2 cups milk scalded and cooled
3 tablespoonfuls brown sugar
3 tablespoonfuls lard or butter, melted
7 1-2 cups whole wheat flour
1 1-2 teaspoonfuls salt

Dissolve yeast and sugar in lukewarm liquid. Add lard or butter, then flour, gradually, as whole wheat absorbs moisture slowly, adding enough to make dough that can be handled, and then salt. Knead and beat until smooth and elastic. Place in well greased bowl, cover and set aside in a warm place, to rise for about two hours. When double in bulk, turn out on kneading board. Mould into loaves, place in well greased pans, cover and set to rise again for about one hour, or until light. Bake one hour, in a slower oven than for white bread.

If wanted for over night, use one-half cake of yeast and an extra half teaspoonful salt. *

OATMEAL BREAD.

2 cups boiling water
2 cups rolled oats
1 cake of yeast
1-4 cup brown sugar
4 cups flour
1 teaspoonful salt

Pour water over uncooked oatmeal, cover and let cool. Dis-

solve yeast with sugar in water, add one cup of flour and beat for ten minutes. Let rise one hour, add balance of flour and knead. Let rise about one and one-half hours, then mould into loaves and allow to rise for one hour. Bake 45 minutes. One-half cup of nuts and one tablespoonful of shortening may be added. *

SALT RISING BREAD.

Add to two cups scalding water sufficient flour to make a stiff batter, add one-half teaspoonful salt. Beat until smooth and full of bubbles. Cover closely, set in a kettle of warm water. Keep quite warm until very light and it gives off a disagreeable odor. Scald two cups milk and 1 cup water. Cool to blood heat and add 1 teaspoonful salt and enough flour to make a stiff batter. Add the salt risings and flour enough to make a dough stiff enough to handle, or it may rise again in a sponge; then add flour to knead.

Knead thoroughly until the dough is smooth and elastic. Mould in loaves. Set to rise until light and bake in a moderate oven one hour.

Must be kept warmer than yeast bread or it will not rise. *

BOSTON BROWN BREAD.

1 cup Graham flour
1 teaspoonful salt
3-4 cup molasses
1 3-4 cups milk
1 1-2 cups sifted flour
2 rounding teaspoonfuls baking powder

Measure the meal and flour after sifting. Add salt and baking powder and sift three times. Add molasses and milk. Turn into a well-buttered steamer (a clean can will do) and steam 3 1-2 hours. The water must boil constantly during the cooking. *

RAISIN AND NUT BREAD.

1-2 cup halved raisins
1-2 cup walnuts
4 cups flour
4 teaspoonfuls baking powder
3-4 cup sugar
1 teaspoonful salt
2 eggs
2 cups milk.

Mix the dry ingredients and sift four times. Add nuts and raisins, mixing well with the flour. Beat the eggs, add to them the milk, and pour into the flour mixture. Place in well greased bread tin and allow to stand 20 minutes. Then bake in a moderate oven for 50 minutes.

Grace Valentine.

NUT BREAD.

2 cups white flour
1 cup Graham flour
1 cup chopped walnuts
3-4 cup raisins
2 cups sour milk
1-2 cup molasses
1-2 cup sugar
2 teaspoonfuls baking powder

1 teaspoonful salt
1 teaspoonful soda

Mix flour and nuts, add molasses sugar, and salt. Dissolve soda in a little hot water, add to sour milk, then pour into the flour mixture. Bake about 1 hour.

Mrs. Florence Brimhall.

APPLE CAKE.

(Apfel Kuchen)

1 1-2 cakes compressed yeast
1 cup milk, scalded and cooled
1 tablespoonful sugar
3 1-2 cups sifted flour
1-4 cup butter
1-2 cup sugar
2 eggs
1-4 teaspoonful salt
5 apples

Dissolve yeast and 1 tablespoonful sugar in luke-warm milk, add 1 1-2 cups of flour to make a sponge and beat until smooth. Cover and set aside in a warm place until light (about 3-4 of an hour.) Have sugar and butter well creamed, add it to sponge. Add well-beaten eggs, balance of flour or enough to make a soft dough and salt. Knead lightly, place in a well greased bowl, cover and set aside to rise about 2 hours. Roll one-half an inch thick. Place in well greased shallow pans, brush with butter, sprinkle with sugar. Cut apples in eighths and press into dough, sharp edge downward, sprinkle with cinnamon. Cover and let rise about 1-2 hour. Bake 20 minutes. Keep covered with pan first ten minutes, in order that the apples may be thoroughly cooked. *

Rolls.

FRENCH ROLLS.

1 cup milk
2 tablespoonfuls butter
2 tablespoonfuls sugar
1 cake compressed yeast
A little salt

Heat milk near boiling point, add sugar, salt and butter. When cool add yeast cake which has been soaked in a little warm water. Add flour enough for soft sponge, beat well. When light add flour enough to knead well. Let rise to double bulk. Put in baking pans and again rise to double bulk. Bake in moderate oven 15 minutes.

Delia M. Hansen.

LUNCHEON ROLLS.

4 cups flour
1 teaspoonful salt
6 teaspoonfuls baking powder
1 tablespoonful shortening
1 1-2 cups milk

Sift together the dry ingredients. Rub in the shortening, add the milk, and mix to a smooth dough.

Turn out the dough and knead enough to impart smoothness. Divide the kneaded dough into small pieces, form each into short, thick, tapering rolls; place on flat, greased pans; stand in a luke-warm place fifteen to twenty minutes; brush with milk and bake in a very hot oven. When almost baked brush again with melted butter; bake 10 minutes longer and serve hot. If a glazed finish is desired, before taking from oven brush over with yolk of egg, mixed with a little water.

These rolls make excellent sandwiches, filled with either lettuce and mayonnaise, sliced or chopped ham, chopped seasoned cucumbers or egg and mayonnaise with a very little chopped onion and parsley. *

PARKER HOUSE ROLLS. NO. 1.

1 cup milk
1 heaping tablespoonful shortening
1 tablespoonful sugar
1 teaspoonful salt
1 cup yeast (*See Mrs. Turner's Yeast, page* 41)

Scald milk and shortening, let cool and add yeast, sugar and salt. Stir in flour with spoon until batter is stiff. Let rise and cut down with a knife three or four times. Let rise again three or four times, cutting down with knife each time. Roll with rolling pin, cut out, grease both sides and fold over in pocket book shape. Let raise 1 hour, bake 15 minutes.

Mrs. Clarene T. Quinn.

PARKER HOUSE ROLLS. NO. 2.

1 cake compressed yeast
1 pint milk, scalded and cooled
2 tablespoonfuls sugar
4 tablespoonfuls melted butter or lard
3 pints sifted flour
1 teaspoonful salt

Dissolve yeast and sugar in luke-warm milk, add lard or butter and 1-2 pint flour. Beat until perfectly smooth. Cover and let rise in a warm place one hour, or until light. Then add remainder of the flour, or enough to make a dough and the salt. Knead well, place in a greased bowl. Cover and let rise in a warm place for about one and one-half hours or until double in bulk. Roll out one quarter inch thick. Brush over lightly with butter, cut with inch biscuit cutter, crease through center heavily with the dull edge of a knife and fold over in pocket book shape. Place in well greased, shallow pans one inch apart. Cover and let rise until light, about three quarters of an hour. Bake 10 minutes in hot oven. *

BUNS.

1 cake compressed yeast
1 cup milk, calded and cooled
1 tablespoonful sugar
3 cups sifted flour
1-4 cup butter
1-4 cup sugar
1-2 teaspoonful salt

Dissolve yeast and one table-

spoonful sugar in lukewarm milk, add one and one-half cups of flour. Beat until smooth, then add butter and sugar creamed, the balance of the flour or enough to make a moderately soft dough and salt. Knead lightly, using as little flour in the kneading as possible. Cover and set aside in warm place, free from draft, to rise until double in bulk. Mould into small, round buns, place in well greased pans, one inch apart. Cover, set aside to rise until light. Brush with egg diluted with water. Bake 20 minutes. *

ROLL MIXTURE.

1 1-2 cups luke-warm water
1 teaspoonful salt
1-3 cup sugar
1-2 cake compressed yeast
2 1-2 cups flour
2 eggs

Mix salt, sugar and flour together. Dissolve yeast in water, add eggs and flour mixture. Knead, let raise and use as desired. *

APPLE CAKE.

Line a pie pan with roll mixture. Cut apples, pineapple or peaches into thin slices, arrange neatly in pan, sprinkle with sugar and cinnamon and bake. *

APPLE STRUVLE.

Sprinkle sugar, raw minced apples, a few nut meats and a few currants on the roll mixture, butter and roll up, Bake straight. *

CINNAMON BUN.

Roll thin the dough for the roll mixture, sprinkle with medium brown sugar and cinnamon. Roll up like a jelly roll and cut in two inch lengths. Place rolls in well greased pan with the cut sides cup and let rise to the top of the pan and bake. Remove from pan while hot. *

PANCAKES.

Cut circles of roll mixture, put jelly in the center and press edges together, let rise and bake. *

RUSKS.

Use deep pan. Pinch off tiny rolls, crowd and let rise to top of pan. Butter between rolls. Bake.

TEA RING.

Roll out the roll mixture, sprinkle with sugar and currants and roll up, greasing each inner side with butter until fastened. Clip with the scissors and turn ends out, after having formed the dough into a ring. Let rise and bake. *

Biscuits, Short-Cake, Muffins, Etc.

SOUTHERN BREAKFAST BISCUITS.

1 quart flour
2 heaping teaspoonfuls baking powder
1 1-2 teaspoonfuls salt
3 tablespoonfuls shortening
2 1-2 cups milk

Mix to a soft dough. Bake in hot oven fifteen minutes.

Ethel Kane

DROP BISCUIT.

1 cup flour
1-4 teaspoonful salt
1 1-2 teaspoonfuls baking powder
1 1-2 teaspoonfuls butter

Mix flour and butter, add salt and baking powder and milk or water to make a stiff dough. Drop in buttered tins and bake 10 minutes.

Mrs. Charlotte T. Bennion.

BEATEN BISCUIT.

2 cups flour
1 teaspoonful salt
1 teaspoonful sugar
1-2 teaspoonful baking powder
3 tablespoonfuls shortening
1-3 cup milk
1-3 cup water

Sift together the dry ingredients. Cut the shortening in with a knife or work in lightly with tips of fingers. Mix the milk and water together, chill thoroughly and add gradually to the dry ingredients. Everything should be as cold as possible. Mix into a smooth elastic dough, and put on a floured board. Beat into a thin sheet with triangular biscuit beater. Sprinkle over with pastry flour. Roll up like jelly roll and continue the beating in the same way until the dough is smooth and velvety and blisters when rolled out. Roll to 1-8 inch in thickness and cut into small biscuits, prick in center and set in refrigerator for an hour before baking. Bake in moderate oven until a golden brown. Allow the biscuits to remain for 10 minutes in the cooling oven to dry out. These biscuits are similar to a cracker. *

APPLE DUMPLINGS.

1 1-4 cups flour
1 tablespoonful baking powder
1-8 teaspoonful salt
1 tablespoonful sugar
2 tablespoonfuls Crisco
Milk

Sift dry ingredients together, add Crisco and milk. Roll thin and cut into 8 pieces. Pare 2 large apples, slice thin, place apple on dough, sprinkle

with sugar and cinnamon, press dough over apple and bake in a moderate oven. Serve with lemon sauce.

Marie Turner.

MUFFINS.

1 quart sifted flour
2 teaspoonfuls baking powder
1 tablespoonful sugar
1 teaspoonful salt
2 eggs
2 cups milk

Sift together thoroughly the flour, baking powder, salt and sugar. Beat the yolks, add gradually with the milk. Fold in beaten whites and bake in hot buttered gem pans for 25 minutes.

If richer muffins are desired, add one or two tablespoonfuls melted butter or substitute. *

SALLY LUN MUFFINS.

2 cups flour
4 teaspoonfuls baking powder
1-2 teaspoonful salt
2 eggs
1-2 cup milk
4 tablespoonfuls melted butter

Mix dry ingredients, beat eggs separately, add milk and melted butter and lastly beaten whites of eggs. Bake in hot oven. *

BUTTERED WAFERS.

Use soda crackers, butter them and arrange in a dripper. Brown quickly in a hot oven. These are always good to serve with soups, and look much better for a "company" luncheon than the ordinary wafers. *

CORN BREAD.

1 egg
1 cup flour
1 1-2 cups cornmeal
3 teaspoonfuls sugar
1-2 teaspoonful salt
2 1-2 teaspoonfuls baking powder
1 tablespoonful melted butter
1 1-2 cups milk

Bake one-half hour.

Mrs. Olive Kallstrom.

POTATO DUMPLING FRITTERS.

1 cup cold mashed potatoes
1 egg
Pinch of salt
Flour
2 large onions

Mix potatoes, egg, salt and enough flour to make a dough. Fry onions brown. Roll the dough, cut in little squares, put a tablespoonful of onion in each, roll up, pinch ends and drop in boiling water for 5 minutes. Drain, roll in crumbs and fry a golden brown.

Mrs. Josephine Shoaf.

POTATO FRITTERS.

1 cup mashed potatoes beaten to a cream
1 egg beaten light

1-2 teaspoonful baking powder
Flour enough to make a stiff batter
Drop from a spoon into hot lard and fry like doughnuts.

Mrs. Gertrude Lindsey.

POTATO GRIDDLE CAKES.

1 cup flour
1-2 cup grated raw potatoes
1 heaping teaspoonful baking powder
2 eggs
1-2 teaspoonful cinnamon
1-2 teaspoonful salt
1 tablespoonful sugar
Mix all dry ingredients. Beat eggs, add milk enough to make a batter. Cook quickly.

Mrs. Henrietta Collier.

BREAKFAST PUFFS.

1-2 cup flour
1 teaspoonful baking powder
Milk sufficient to moisten
Salt
Mix. Take a piece the size of a walnut and fry in hot fat. Serve with syrup. *

PANCAKES.

1 cup flour
1 cup milk
1 egg beaten separately
1 heaping teaspoonful baking powder
1 teaspoonful sugar
1-2 cup cooked cereal

Mrs. Olive Kallstrom.

WAFFLES.

1 pint flour
1 teaspoonful baking powder
1 tablespoonful sugar
2 eggs beaten separately
1-2 teaspoonful salt
1 1-2 cups milk
2 tablespoonfuls soft butter
Sift together dry ingredients. Add half the milk to the beaten yolks and stir into dry materials, making a stiff batter. Beat free from lumps and add balance of milk. Fold in the beaten whites and add butter. *

LUMPY DICK.

2 quarts flour
1 tablespoonful butter
1 pint milk
Pinch of salt
Mix butter thoroughly with flour, using the tips of the fingers. Scald milk, sprinkle in the flaked flour. Boil. Serve with butter, pepper and cream.

Mrs. Charlotte T. Bennion.

Pastry.

PIE PASTE.

(For 1 pie).

1 cup flour
2 tablespoonfuls shortening (ice cold)
1 teaspoonful sugar
Pinch salt
3 tablespoonfuls ice water

Sift together the dry ingredients thoroughly. Work in the lard with a knife or spatula. Moisten with ice water. Put lightly on floured board, and roll thin ready for use. *

APPLE PIE NO. 1.

Take ripe apples that will bake well; cut in halves and core. Line a pan with crust, place in the apples, round side down. Make a paste of sugar, butter and nutmeg, fill the cores of the apples and bake to a light brown.

Mrs. Sarah M. Eason.

APPLE PIE NO. 2.

5 or 6 apples
1-2 cup sugar
1 teaspoonful butter
Few gratings nutmeg
1-2 teaspoonful cinnamon

Divide the paste, line the pan, prepare the top sheet. Pare, core and cut the apples into eighths, pile into pie tin as high above the edge as the bottom is below. Add sugar and spices mixed together, dot with butter, brush the rim of paste with cold water, lay the top paste over and press edges firmly together. Bake 40 or 45 minutes in moderate oven. *

APPLE CUSTARD PIE.

Stewed apples
2 egg yolks
1 cup sugar
1-2 cup butter
1-4 teaspoonful nutmeg

Line pie tin with crust and bake; add cooked filling. Make a meringue of well beaten whites and 1 tablespoonful sugar. Brown in the oven.

Mrs. Charlotte T. Bennion.

BUTTER SCOTCH PIE NO. 1.

1 cup brown sugar
1 cup white sugar
8 tablespoonfuls milk
2 tablespoonfuls butter
2 eggs
2 large cups milk
4 tablespoonfuls flour
1-2 cup chopped nut meats

Mix the brown and white sugar with 8 tablespoonfuls milk, add the butter and let come to a boil. Beat the yolks of the eggs, add 2 large cups milk and the

flour. Cook until thick, pour into a baked crust and sprinkle with the nut meats. Spread over it a meringue made from the beaten whites and two tablespoonfuls sugar; return to oven and brown lightly.

Mrs. Jennie A. Miller and Mrs. Etta French.

BUTTER SCOTCH PIE NO. 2.

Caramel: One cup brown sugar, 1 tablespoonful butter; cook until smooth.

1 cup milk
2 tablespoonfuls flour
2 eggs

Mix milk, yolks and flour which has been mixed with a little milk (taken from the cup), and pour over the caramel. Cook until thick in double boiler. Use whites of eggs for the meringue.

Mrs. Effie Stivers.

CHESS PIE.

4 eggs
1 1-2 cups sugar
2 cups cream
1-2 cup butter
2 tablespoonfuls flour
Nutmeg

Line pan with crust, pour in the mixture, grate nutmeg over it and bake as custard pie.

Mrs. Sarah M. Eason.

COCOANUT CREAM PIE.

1 1-2 cups milk
1-2 cup cocoanut
3 1-2 tablespoonfuls corn starch moistened with a little cold water
1 tablespoonful butter
2 eggs
4 tablespoonfuls sugar
1-2 teaspoonful lemon extract

Put milk and cocoanut in double boiler and heat, then add corn starch paste and stir carefully, cook until thickened and then let cook for half an hour. Beat yolks and add sugar, pour on cooked mixture and stir well, add butter and flavor. Cool and place in cooked pie crust, make a meringue of the whisked whites and two tablespoons of sugar spread on top and brown well in a moderate oven. *

CREAM PIE.

(For 1 pie).

2 small eggs
1-2 cup sugar
2 tablespoonfuls corn starch
1 pint milk

Make pie paste and line pan, and pour in mixture prepared as follows: Beat egg yolks, add cornstarch which has been mixed smooth with a little water, add sugar and stir into the boiling milk. Cook until thick, pour into crust and bake 15 or 20 minutes. Make a meringue of the beaten egg whites, 1 teaspoonful cream or butter and 2 tablespoonfuls sugar. Spread on top and brown nicely in the oven.

Marie Winfrey.

CREAM BANANA NUT PIE.

(For 1 pie).

Put 1 1-2 pints milk in double boiler. Let boil. Add after mixing

1 cup sugar
Yolks of 3 eggs
2 tablespoonfuls corn starch
3 tablespoonfuls flour
1 teaspoonful vanilla

Stir continually until well cooked.

Arrange sliced bananas in bottom crust, pour filling over and sprinkle top with walnut meats. Make meringue, spread over top and brown in oven.

Mrs. Clarene T. Quinn.

CUSTARD PIE.

3 eggs
3 tablespoonfuls sugar
1 tablespoonful flour
1 teaspoonful vanilla
1 pint scalded milk
Grated nutmeg
Pinch of salt

Beat yolks to a cream. Mix the sugar and flour together and add to the yolks. Add salt, vanilla, the well beaten whites of the eggs and the scalded milk which has been cooled. Turn into deep pan lined with paste and bake from 25 to 30 minutes.

Caroline Hansen.

FRUIT ROLL.

Roll biscuit dough to about one-fourth inch thickness, brush over with melted butter, and sprinkle with seedless raisins, sugar, cinnamon, chopped apples, pecans and currants. Roll up like a jelly roll; place on a buttered tin and bake in hot oven fifteen minutes. Cut in slices and serve with whipped cream

LEMON CREAM PIE.

3 eggs
1 small cup sugar
1 cup milk, half cream
1 lemon
Butter the size of a walnut
1 tablespoonful corn starch
1 tablespoonful powdered sugar

To the well beaten yolks add the sugar, milk and butter. Mix well. Extract the juice of the lemon, grate the rind, add to the other ingredients, thicken with corn starch and bake. Beat whites of the eggs, add powdered sugar spread over the top of and bake to a light brown.

Mrs. Nellie Schooler.

LEMON PIE.

Juice of 1 lemon
1 cup sugar
2 or 3 tablespoonfuls flour
2 cups boiling water
2 eggs
Pinch salt

Mix sugar, lemon juice and water and let come to a boil. Stir flour smooth in a little water, add egg yolks, stir into mixture and cook until thick. Bake the crust to a light brown, pour in the lemon mixture. Whip the whites of the eggs very stiff, add 1 tablespoon-

ful sugar, spread over the top for a meringue; return to the oven and brown lightly.

Mrs. Margaret Turner and Mrs. Anna Cook.

MINCE MEAT.

1 pound nicely cooked lean beef, without fat or sinew
1 pound beef suet cut fine
1 teaspoonful salt sprinkled over the suet
1 pound raisins
1 pound currants
1 pound sugar
2 pounds apples, fresh
1 pound citron and lemon candied peel
1 tablespoonful cloves
1 tablespoonful allspice
1 tablespoonful nutmeg
2 tablespoonfuls cinnamon
1 tablespoonful each lemon and vanilla extract

Mix all together. When ready to make the pies add a little fresh apple cider.

Mrs. Sarah A. Towler.

MOCK MINCE MEAT.

1 peck green tomatoes put through chopper
Boil 10 minutes and drain
4 pounds sugar
1 pound suet
2 pounds seeded raisins
1 tablespoonful cinnamon
1 tablespoonful nutmeg
1 tablespoonful allspice

Cook all together slowly for 2 hours and can. Will keep all winter.

Mrs. Henrietta Collier.

PEACH COBBLER.

1 cup sour milk
1 1-2 teaspoonfuls soda
1-2 teaspoonful baking powder
1-2 cup sugar
5 tablespoonfuls Mazola oil

Mix with a spoon, and beat well.

Drop by spoonfuls until it covers the bottom of the pan, add a layer of peaches, sprinkle with sugar, dust with cinnamon, add dough by spoonfuls to cover. Steam 1 hour.

Mrs. Henrietta Collier.

PIE PLANT PIE.

3 cups pie plant diced
1 cup sugar
1 tablespoonful flour
1 teaspoonful butter
Orange juice to flavor

Wash the pie plant, (do not skin) cut in small pieces. Mix sugar and flour, put half on the lower crust of pastry, add the pie plant, pour over the remaining half of sugar; dot with butter, add orange juice and cover with upper crust. Bake from 40 to 45 minutes. *

PINEAPPLE PIE.

1 small can of shredded pineapple
Sugar to suit taste
3 eggs
A little corn starch

Bring pineapple to a boil, gradually stir in the yolks which have been beaten very light with sugar. Add corn starch. Remove from fire, while hot stir in whites which have been beaten very light. Serve with whipped cream.

Delia M. Hansen.

PRUNE PIE.

2 cups prunes
1 cup sugar
2 lemons (juice)
2 eggs (whites)

Cook prunes well, strain through a sieve or chop, add sugar, lemon juice, and beat; add well beaten whites of eggs while hot. When cold put in pie crust which has been baked. Serve with whipped cream.

Delia M. Hansen.

PUMPKIN PIE.

1 1-4 cups steamed and strained pumpkin
1-4 cup sugar
1-2 teaspoonful salt
1-4 teaspoonful cinnamon, ginger and nutmeg
1 egg
1 tablespoonful flour
7-8 cup milk

Mix sugar, salt and spice. Add pumpkin, egg slightly beaten and the milk gradually. Bake in one crust for 1 hour in moderate oven.

Do not cook crust before adding mixture, but sprinkle it with a little flour, add mixture, sprinkle top with sugar and bake. *

SOUR CREAM PIE.

1 cup sugar
1 cup thick sour cream
1 egg
1 scant cup seeded raisins, cut fine
1 tablespoonful vinegar
2 tablespoonfuls flour
Season with nutmeg

Mix flour and sugar together and add to other ingredients, bake with upper and lower crusts.

Mrs. Jennie A. Miller.

SWEET POTATO PIE.

Sweet potatoes, boiled and sliced
1 cup sugar
1-2 pound butter
1-2 cup water
Nutmeg

Line a deep pie pan with good plain paste and arrange the sliced potatoes in layers, add butter, sugar, water and nutmeg. Cover with pastry and bake. Serve warm.

Mrs. Leila Arrington.

SWEET POTATO CUSTARD PIE.

1 cup mashed sweet potato
1-2 cup sugar
1-2 cup milk
2 eggs
Nutmeg
Pinch salt

Line deep pie pan with plain paste, fill with mixture and bake.

Mrs. Leila Arrington.

VANILLA CREAM PIE.

2 cups milk
1 cup sugar
Yolks of 2 eggs
3 tablespoonfuls corn starch
1-2 teaspoonful vanilla
Butter the size of a walnut

Place milk on the stove and when it comes to boiling point add sugar, eggs and corn starch thoroughly mixed in cold water. Boil five minutes. When cool add the flavoring. Shredded cocoanut can be added to the filling if desired. Beat the whites thoroughly with 1-4 cup sugar, spread over the pie, sprinkle with cocoanut and brown.

Ethel Kane.

VINEGAR PIE.

3 eggs
1 cup sugar
1 tablespoonful flour
1-2 cup vinegar
1-2 cup water
3 tablespoonfuls powdered sugar

Beat together the yolks of 2 eggs, the sugar and flour, add vinegar and water. Cook in double boiler, stirring until thick. Pour in crust previously baked.

Use whites of 2 eggs and powdered sugar for meringue. Put in oven and brown.

Mrs. Olive L. Conner.

MEAT PIE.

Cut chuck steak in medium sized pieces, boil together with bones until tender; when done cut meat in small pieces, remove bones. Make a rich biscuit dough, roll 1-4 inch thick; cut top crust first, using the remainder to fill in sides of pan. Put meat in pan, season well with salt and pepper, add small amount of gravy, put on top crust and bake one hour. To make gravy use butter, flour and remainder of broth and serve with pie.

Equal parts of diced raw potatoes and meat may be used if desired.

Mrs. Annie Tuckfield.

Cakes.

ANGEL CAKE.

11 egg whites
1 1-2 cups granulated sugar
1 teaspoonful vanilla
1 cup flour
1 teaspoonful cream tartar

Sift flour and cream tartar four times. Beat eggs with wire beater until stiff, add sugar, gradually, as whites are being beaten. Add flavoring. Fold in flour and bake 40 minutes in a moderate oven.

Icing:
2 cups sugar
1-2 cup water
White of 1 egg

Let sugar and water boil until it hairs, add gradually to well beaten white.

Mrs. Charlotte T. Bennion.

MOCK ANGEL FOOD NO. 1.

1 cup sugar
1-2 teaspoonful salt
Flavoring
3 teaspoonfuls baking powder
1 1-3 cups flour
1 cup boiling milk
Whites of 3 eggs.

Mrs. Edna May Hall.

MOCK ANGEL FOOD NO. 2.

2 cups sugar
2 cups flour
2 cups milk
2 teaspoonfuls baking powder
Whites of 4 eggs

Mix dry ingredients. Bring milk to a boil, pour in the mixture, beating all the time. Add well beaten whites of the eggs and bake in loaf. Add flavoring to icing only.

Mrs. Bertha Beckman.

BLACKBERRY LAYER CAKE.

3 eggs
1 cup sugar
1-2 cup butter
1 cup blackberry jam
1-2 nutmeg
2 teaspoonfuls cinnamon
1 teaspoonful allspice
1 teaspoonful soda
3 tablespoonfuls sour milk
2 cups flour

Mrs. Henrietta Collier.

CHOCOLATE DEVIL'S CAKE.

2 cups brown sugar
1 cup grated chocolate
1-2 cup milk
1-2 cup butter
3 eggs
2 cups flour
1-2 teaspoonful soda
Filling:
2 1-2 squares chocolate
1 cup brown sugar
3 tablespoonfuls milk
Yolk of 1 egg
1 teaspoonful vanilla

Cook brown sugar, grated chocolate and milk; when thoroughly dissolved set aside to cool. Cream brown sugar with the butter, add the well beaten yolks of the eggs and milk. Add the flour, which has been sifted, with the soda, beat in the cold chocolate mixture and bake in three layers.

For filling:

Melt the chocolate over hot water and add brown sugar, milk, egg yolk and vanilla and cook in double boiler until thickened. Spread between layers. Use the whites of the eggs for making a white frosting.

Mrs. Jennie A. Miller and Mrs. Clarene T. Quinn.

CHOCOLATE CAKE.

1 cup butter
2 cups light brown sugar
1 cup grated chocolate
1 cup cream
2 cups flour
5 eggs
2 teaspoonfuls baking powder
2 teaspoonfuls vanilla

Cream together butter and sugar, add other ingredients, beating whites

and yolks separately, and bake in two layers. Put together with boiled icing.

Mrs. Effie Stivers.

COCOANUT CAKE.

2 pieces butter the size of an egg
2 cups powdered sugar
1 small cup milk
2 teaspoonfuls baking powder
Whites of 5 eggs

Sift flour four times, enough to make a thin cake batter. Cream butter and sugar, add milk and flour, beat 20 minutes. Add whites of eggs which have been beaten very light. Add baking powder last.

Delia M. Hansen.

CREAM CAKE.

1 cup sugar
2 eggs
Butter size of an egg
1 1-2 cups flour
1 heaping teaspoonful baking powder

Cream for cake:
1 cup very cold thick cream
3 tablespoonfuls powdered sugar
1 teaspoonful vanilla

Whip and put between layers.

Mrs. Anna Cook.

DEVIL FOOD CAKE NO. 1.

2 cups sugar
3-4 cup butter
4 eggs
2 squares chocolate
2 1-4 cups flour
4 teaspoonfuls baking powder
1 cup milk
1 teaspoonful cinnamon
1-4 teaspoonful cloves
1-8 teaspoonful salt

Cream sugar and butter, add eggs, melted chocolate and milk. Mix spices with flour. This makes three layers. Use white frosting between layers and on top.

Caroline Hansen.

DEVIL FOOD CAKE NO. 2.

1 cup sugar
1 teaspoonful butter
1 cup rich, thick sour milk
1 egg
1 teaspoonful soda
2 1-3 cups flour
1 1-3 teaspoonfuls baking powder
1 3-4 squares chocolate
1 teaspoonful vanilla

Dissolve the chocolate in enough hot water to make a thick paste. Beat smooth, and add to the creamed butter and sugar. Add the yolk of the egg and beat thoroughly. Add the flour, baking powder and soda, sifted together. Add the milk and lastly the vanilla. Bake in a rather slow oven for 45 minutes.

Grace Valentine.

ECONOMICAL ALL-ROUND CAKE.

1 cup sugar
1-2 cup butter or substitute
2 eggs

1 cup milk or water
2 cups flour
2 teaspoonfuls baking powder
2 teaspoonfuls flavoring

Mix sugar and butter until creamy, add unbeaten eggs and beat until eggs are thoroughly mixed, then add milk or water and flour with baking powder added. Beat well together, and add flavoring.

This may be used as a layer or loaf cake.

Mrs. Leila Arrington.

BOILED ICING.

1 cup sugar
1-8 teaspoonful cream tartar
White of 1 egg
1-3 cup boiling water
1 teaspoonful vanilla

Mix sugar, water and cream tartar until a smooth paste. Heat slowly and boil in covered pan until it threads. Beat until smooth and pour over beaten white of egg. Nuts, marshmellows or fruits are used as fillings.

Mrs. Leila Arrington.

EGGLESS-MILKLESS-BUTTERLESS-CAKE.

1 cup brown sugar
1 1-4 cups water
1 cup seeded raisins
2 ounces citron, cut fine
1-3 cup shortening
1 teaspoonful nutmeg
1 teaspoonful cinnamon
1-2 teaspoonful salt
2 cups flour
5 teaspoonfuls baking powder

Mrs. Edna May Hall.

CHEAP FRUIT CAKE.

1 package raisins
2 cups water
1 1-2 cups sugar
3-4 cup butter
4 cups flour
2 teaspoonfuls soda
2 cups nuts
1 teaspoonful allspice
1-2 teaspoonful cloves
1 teaspoonful nutmeg
2 teaspoonfuls cinnamon

Boil the raisins, sugar, butter and water together until the raisins are soft. When cool, add the flour, soda, nuts, and spices. Bake two hours.

Mrs. Emma J. Bennion.

CHRISTMAS FRUIT CAKE.

2 pounds raisins
2 pounds currants
1 pound almonds, blanched and chopped
1-4 pound lemon and citron candied peel
1 pound sugar
1 pound butter
1 dozen eggs
1 pound flour or 1 quart
1 teaspoonful soda
2 teaspoonfuls baking powder
2 teaspoonfuls cinnamon
1 teaspoonful nutmeg
1-2 teaspoonful cloves
1-2 teaspoonful allspice

Lemon and vanilla to suit the taste.

Whip the butter and sugar thoroughly, add eggs well beaten, then the fruits well prepared, the spices mixed in a little of the flour. Cook four hours. Ice if desired.

Donetta Bennion.

CHRISTMAS WHITE FRUIT CAKE.

2-3 cup butter
1 7-8 cup flour
1-4 teaspoonful soda
1-2 tablespoonful lemon juice
Whites of 6 eggs
1 1-4 cups powdered sugar
2-3 cup glazed cherries
1-2 cup citron peel
1-3 cup jardon almonds
1 teaspoonful almond extract.

Work butter until creamy, add very gradually, stirring and beating constantly the flour which has been sifted with the soda, then add lemon juice. Beat the whites of the eggs until stiff, and add gradually while stirring and beating constantly the sugar, combined mixtures, and the cherries which have been cut in pieces, the citron peel thinly sliced and the almonds, blanched and sheared. Add almond extract. Turn into a deep buttered and floured cake pan. Bake in moderate oven one hour. Frost if desired.

Mrs. Charlotte T. Bennion.

IMITATION FRUIT CAKE.

1 cup shortening (half butter and half Crisco)
2 cups sugar
Yolks of 3 eggs
2 cups milk or cream
1 pound walnuts
1 glass jelly
2 tablespoonfuls chocolate
1 teaspoonful nutmeg
1-2 teaspoonful cloves
2 teaspoonfuls cinnamon
1-2 pound raisins
3 teaspoonfuls baking powder
Pinch of salt

Cream shortening and sugar together until light, add well beaten yolks of eggs and cream until eggs are well mixed with shortening. Sift dry ingredients together three times, then add milk and flour alternately, stirring all the time. Mix well, and add chopped nuts, raisins and jelly. Bake in moderate oven.

Icing:
Whites of 3 eggs
Powdered sugar to stiffen
1 teaspoonful vanilla

Beat whites of eggs until stiff, add sugar and flavoring. When cake is cold cover with icing.

Beatrice Peterson.

LUNCHEON CAKE.

1 heaping cup flour
1 cup sugar
1 teaspoonful baking powder
Butter the size of an egg
2 eggs
Milk

Sift flour, sugar and baking powder into a bowl. Put butter into a cup, break eggs into it and fill the cup with milk; add to the flour and

sugar. Beat rapidly. Bake in a rather quick oven.

Mrs. Leola Preator.

NUT CAKE.

1 cup sugar
3 eggs
2 heaping tablespoonfuls compound
1 cup milk
2 cups flour
1 heaping teaspoonful baking powder
1 cup nut meats
Filling:
2 cups brown sugar
1 cup milk
1 pinch salt

Cook until it forms a ball in water. Beat to a light brown.

Naomi Officer.

SNOW CAKE.

Whites of 8 eggs
2 cups sugar
1 cup cornstarch
2 cups flour
2 heaping teaspoonfuls baking powder
1 cup milk
2-3 cup butter

Mrs. Bertha Beckman.

STRAWBERRY SHORT-CAKE.

1-3 cup sugar
1-2 cup milk
1 egg
1-2 cup lard
1 teaspoonful baking powder
1-4 teaspoonful salt

Flour enough to make a stiff dough.

Mrs. Leola Preator.

SPICE CAKE.

1 1-2 cups brown sugar
3-4 cup white sugar
1 cup butter or lard
1 teaspoonful cinnamon
1-4 teaspoonful nutmeg
1-4 teaspoonful alspice
1-2 teaspoonful cloves
4 cups flour
2 1-2 heaping teaspoonfuls baking powder
1 1-2 cups milk
1 cup raisins

Sift dry ingredients, add other ingredients. Dredge raisins in flour before adding to mixture.

May be baked in muffin tins or a loaf cake.

Ingeborg Peterson.

WALNUT CAKE.

1-2 cup butter
1 cup sugar
3 egg yolks, well beaten
2 egg whites, well beaten
1-2 cup milk
1 1-2 cups flour
1 1-2 teaspoonfuls baking powder
3-4 cup walnut meats, cut fine

Cream the butter, add gradually the sugar, walnut meats, egg and milk. Sift together the flour and baking powder, add to mixture and beat vigorously.

Bake 45 minutes. Cover with frosting.

Mrs. Mildred Steveson.

WHITE CAKE NO. 1.

1 1-2 cups sugar
1-2 cup butter
2 cups flour measured before sifting
1 teaspoonful baking powder
Whites of 4 eggs
3-4 cup milk
Flavor to suit taste

Mrs. Leola Preator.

WHITE CAKE NO. 2.

1 cup butter
2 cups sugar
1 cup milk
3 cups pastry flour
2 rounding teaspoonfuls baking powder
Whites 5 eggs
Flavor with vanilla

Beat butter and sugar until fluffy, add milk and vanilla extract. Add flour and baking powder which have been sifted together 5 or 6 times. Fold in whites of eggs which have been beaten until they have become dry.

Filling:

2 tablespoonfuls flour
Yolks of 2 eggs
1-2 cup water
1 cup sugar
1-2 cup chopped nuts or a little butter
Vanilla

Mix flour and sugar, add water and beaten egg yolk. Add nuts and flavoring after removing from fire.

Icing:

Beat white of 1 egg to a stiff froth. Boil 1 cup sugar and 4 tablespoonfuls water until it threads. Pour in a fine stream while boiling hot into the beaten egg, stirring briskly all the time and continue stirring the mixture in the round and round way, never stopping until the icing is thick and cold. Flavor as desired.*

CHEAP SPONGE CAKE.

2 eggs
2-3 cup sugar
2 teaspoonfuls hot water
2-3 cup flour
1 teaspoonful baking powder
1-2 teaspoonful salt

Beat yolks until thick, add sugar gradually. Add water and flour which have been sifted with the baking powder and salt. Fold in the stiffly beaten whites. Bake 35 minutes in a moderate oven.

Mrs. Sarah Lang.

CHEAP CAKE.

1 cup sugar
1 cup flour
1 cup sour milk
1 pinch salt
2 tablespoonfuls cocoa
1 teaspoonful soda
1 egg
1 tablespoonful butter

Mix the sugar, cocoa and salt together and sift with the flour Mix the soda and melted butter

with the milk. Beat in the flour mixture and add the beaten eggs last.

Mrs. Alvena Nazer and Mrs. Jennie A. Miller.

ONE EGG CAKE.

1-4 cup butter
1-2 cup sugar
1 egg
1-2 cup milk
2 1-2 teaspoonfuls baking powder
1 1-3 cups flour

Mix butter and sugar; beat egg; sift flour and baking powder. Mix alternately the wet and dry ingredients and bake.

Emma Blau.

PLAIN CAKE.

2 eggs
1 cup sugar
1-3 cup butter
2 cups flour
2 1-2 teaspoonfuls baking powder
1-2 cup milk
1 teaspoonful extract.

Mrs. Nellie Preator and Mrs. Anna Cook.

Icing:

White of 1 egg well beaten. Add sufficient powdered sugar to make the consistency of thick cream. Flavor to taste.

Mrs. Anna Cook.

POOR MAN'S CAKE.

1-4 cup butter
1 cup sugar
2 cups milk
1 egg well beaten
1 2-3 cups flour
1 1-2 teaspoonfuls baking powder

A little nutmeg or other flavoring.

Mrs. Lovisa Preator.

JELLY ROLL.

1 cup sugar
1 cup flour
1 1-2 teaspoonfuls baking powder
3 eggs
6 tablespoonfuls of hot water

Mix and sift the dry ingredients, stir in eggs well beaten, add the hot water, beat the batter well, pour into a smooth, well greased pan. The batter should be one-fourth of an inch deep, for if thicker it will not roll nicely. Bake slowly. When done turn the cake onto a sheet of brown paper, well dusted with powdered sugar. Beat the jelly with a fork and spread on the cake. With a sharp knife trim off all crusty edges, roll it up by lifting one side of the paper. The cake will break if allowed to cool before rolling. To keep the roll perfectly round roll it up in a cloth until cool.

Marie Winfrey.

CREAM PUFFS.

1 cup boiling water
1-2 cup butter
1 cup sifted flour
3 eggs
Soda the size of a pea

Pour the boiling water over the butter and bring to a boil. Add flour and let boil 5 minutes, beating all the time. When cool, add eggs, not beaten, then beat for ten minutes, adding soda. Bake for thirty minutes. This will make 12 large puffs or 24 small ones. Cook in gem pans.

Filling:

2 cups milk
2 eggs
1 cup sugar

Mix thoroughly and boil for five minutes; flavor to suit the taste. When cool put in the puffs.

Mrs. Charlotte T. Bennion.

CHOCOLATE ECLAIRS.

Shape cream puff mixture on buttered sheets in oblong pieces about four inches long and one and one-half inches wide, placed four inches apart. As soon as they are done ice with chocolate frosting. When icing is cold cut the eclairs on the side and fill either with whipped cream, custard or preserved fruits. *

FIG ECLAIRS.

Follow directions as given for Chocolate Eclairs, except that the fig filling is used instead of the whipped cream.

See "Icings and Fillings." for fig fillings. *

GINGERBREAD.

3 cups molasses
1 cup butter or lard
1 cup sugar
1 cup sour milk
2 tablespoonfuls ginger
1 tablespoonful soda
7 cups flour

Stir butter, sugar, molasses, and ginger together; add milk and eggs well beaten; dissolve the soda in a little hot water and add to mixture then add the flour. If raisins are used dredge them with flour and add last.

Mrs. Isabella Ireland and Leona Cox.

SPICED DROP CAKES.

1 1-2 cups brown sugar
1 cup butter
3 well beaten eggs
2 1-2 cups flour
1-2 teaspoonful soda (dissolved in a little warm water)
1 1-2 cups raisins
1 cup chopped nuts
1 teaspoonful cinnamon
1 teaspoonful nutmeg
1 teaspoonful cloves
1 teaspoonful allspice

Drop by spoonfuls on greased pan and bake till brown. *

GINGER SNAPS.

1 cup sorghum molasses
1 cup sugar
1 cup sour milk
1 cup lard, butter, or compound
1 teaspoonful baking powder
1 teaspoonful soda
1 scant teaspoonful salt
2 eggs
Flour enough to make stiff

Roll out and bake in a moderate oven.

Docia Officer

CUP CAKES.

1-4 cup butter
1 cup sugar
1 egg, well beaten
2-3 cup milk
2 cups flour
2 teaspoonfuls baking powder
1-4 teaspoonful salt
1-2 cup, currants or nuts

Cream butter and sugar. Add egg, milk and flour. Mix well and bake in muffin pans.

Alma Lou Childers.

COOKIES NO. 1.

3 eggs
1 cup butter
2 cups sugar
1 cup milk
1 teaspoonful vanilla
1 teaspoonful baking powder

Roll thin, cut and bake

Mrs. Effie Stivers and Mrs. Maud Sollars.

COOKIES NO. 2.

1 cup butter
1 1-2 cups sugar
1-2 cup sour cream
1 teaspoonful soda
1 teaspoonful grated nutmeg
Flour enough to roll

Mix quite soft. Put a tablespoonful fine sugar on plate and dip top of each as cut out.

Place on buttered tins and bake a light brown in a quick oven.

Caroline Hansen.

CRISP COOKIES.

1 cup butter
2 cups sugar
3 eggs, well beaten
1 teaspoonful soda
2 teaspoonfuls cream tartar
1 teaspoonful nutmeg
1 teaspoonful cinnamon
1 teaspoonful milk

About 1 pint flour or enough to make a very stiff dough.

RUSSIAN COOKIES.

2 pounds dark Karo syrup
1-2 pound butter
8 eggs
3 cups sugar
3 pounds flour
1-2 teaspoonful nutmeg
1-4 teaspoonful cloves
1 teaspoonful cinnamon
1 teaspoonful soda

Boil syrup; melt butter and add to syrup, cook a few minutes. Stir flour into syrup, using a heavy spoon. Mix eggs and sugar together and add to mixture. Roll out, cut and place nut meat in center of each. Make as many cookies as desired, place balance of dough in refrigerator, it will keep indefinitely. In baking, each time pinch off only as much as needed.

DOUGHNUTS NO. 1.

1 cup sugar
1 egg
1 cup buttermilk
1 teaspoonful soda
1-4 teaspoonful nutmeg
1 1-2 teaspoonful salt
1 teaspoonful cinnamon
Flour enough to roll.

Mrs. Nellie Preator.

DOUGHNUTS NO. 2.

1 cup sugar
1 quart flour
2 eggs
1 teaspoonful soda sifted with flour
1 pint sour milk
Season with nutmeg
Fry in hot fat

Mrs. Margaret Turner.

Icings and Fillings.

CARAMEL ICING.

1 1-2 cups sugar
2-3 cup grated maple sugar
1-2 cup butter
2-3 cup milk
Boil 13 minutes. Beat.

Blanche Beckstead.

CHOCOLATE FROSTING.

2 1-4 cups sugar
3-4 cup boiling water
3 egg whites beaten light
3 squares chocolate, melted
Vanilla

Boil water and sugar until it spins a thread, pour gradually on stiffly beaten whites, beating constantly. Beat in the chocolate and vanilla. *

CHOCOLATE CONFECTIONER'S ICING.

1 square melted chocolate
1 1-4 cups confectioner's sugar
2-3 cup water, cream or milk
Vanilla
Mix until perfectly smooth. *

CONFECTIONER'S ICING.

1 1-4 cups sifted confectioner's sugar
1-4 cup water, cream or milk
Scant 1-2 teaspoonful vanilla, or other extract. *

MARSHMALLOW ICING.

1 1-2 cups brown sugar
1-4 cup butter
1-4 cup boiling water
1-2 pound marshmallows, melted in a double boiler
1-2 teaspoonful vanilla

Beat until thick enough to spread before adding flavoring. *

ORANGE FROSTING.

1 egg yolk
2-3 tablespoonful orange juice

1 cup powdered sugar

Grate the rind from the orange, squeeze the juice over it and let it stand. Beat the yolk slightly, add strained juice and add enough sugar to retain its shape when spread on the cake. *

FIG FILLING.

1-2 pound figs (chopped fine)
1-4 cup water or grape juice
2 tablespoonfuls sugar
Let boil to a paste. *

FRUIT AND NUT FILLING.

(For Christmas cakes.)

1-2 pound figs (chopped fine)
1 cup seeded raisins
1-2 cup nut meats
1-4 cup boiling water
1-4 cup sugar
Stir and cook until smooth. *

LEMON JELLY FILLING.

Juice of 2 lemons
2 cups sugar
2 eggs, beaten separately
1 cup boiling water
1-2 cup cold water
3 tablespoonfuls flour

Mix sugar and yolks, then add whites, lemon juice, boiling water and then cold water. Mix flour smooth in a little water and add to mixture. Cook 10 minutes.

Spread between any layer cake.

Mrs. Charlotte T. Bennion.

ORANGE FILLING.

1-3 cup sugar
2 1-2 tablespoonfuls flour
Grated rind 1-2 orange
1-4 cup orange juice
1-2 tablespoonful lemon juice
1 egg slightly beaten
1 teaspoonful butter

Mix ingredients in order given. Cook ten minutes in a double boiler until it thickens, stirring constantly at first, that it may be smooth. Cool before spreading. *

Puddings, Custards, Desserts, Etc.

BANANA PUDDING.

2 cups sugar
1 1-2 cups water

Boil. Add 3 heaping tablespoonfuls flour which has been mixed smooth with the water and the yolks of 2 eggs to which has been added 1-2 teaspoonful salt. Add 2 teaspoonfuls vanilla.

Slice 6 bananas. When the cooked mixture has been removed from the fire, while hot add the bananas, fold in the stiffly beaten whites of 2 eggs. Serve with cream.

Mrs. Henrietta Collier.

BLANC-MANGE.

1 quart milk
1 cup cornstarch
1-2 cup sugar
1 teaspoonful salt

Heat milk to a boil, stir in salt and cornstarch and boil 10 minutes. Cook in double boiler. Remove from fire, stir in sugar and flavoring extract to taste. Pour into cups and set in a cool place. Serve cold with sugar and milk or powdered sugar.

Mrs. Isabella Ireland.

BREAD PUDDING.

2 cups bread crumbs
1 quart scalded milk
1 cup sugar
1-4 cup melted butter
3 eggs
1-2 teaspoonful salt
1 teaspoonful vanilla
1-4 teaspoonful nutmeg
1 cup raisins

Soak bread crumbs in milk, set aside to cool; add sugar, butter, egg yolks slightly beaten, salt, raisins and flavoring. Fold in the stiffly beaten whites of eggs. Turn into a buttered pudding dish, cover and bake 45 minutes. Serve with sauce.

Mrs. Maud Sollars.

CHOCOLATE BREAD PUDDING.

2 cups bread crumbs
2 cups scalded milk
2-3 cup sugar
2 squares melted chocolate
1 teaspoonful vanilla

Soak crumbs in milk, add sugar, chocolate and vanilla. Mix well and bake in buttered dish one hour. Serve hot with cream or sauce.

Mrs. Sarah Liles.

CARROT PUDDING.

1 cup grated carrots
1 cup grated potatoes
1 cup suet, cut fine
1 cup sugar
1 package raisins
1 1-2 cups flour
1 teaspoonful soda

Mix the grated carrots, potatoes, suet, sugar and raisins, add the flour and soda. Steam four hours in a double boiler. Serve with sauce or cream.

Bessie Edwards.

CHOCOLATE CUSTARD.

1 pint scalded milk
3 1-2 tablespoonfuls grated chocolate
1 1-4 tablespoonfuls cornstarch
1-2 cup sugar
1-2 teaspoonful vanilla
1-2 cup cold milk

Mix chocolate, cornstarch and sugar, and add cold milk; stir until smooth. Pour into the boiling milk, cook 15 minutes in double boiler. Add flavoring, and turn into cups or glasses when cold.

Mrs. Hattie M. Watters.

COTTAGE PUDDING.

1-4 cup butter
1-2 cup sugar
1 egg, well beaten
1 cup milk
2 cups flour
1 1-2 rounding teaspoonfuls baking powder
1-2 teaspoonful salt

Cream the butter, add gradually the sugar and egg. Sift flour, baking powder and salt together and add alternately with the milk to the first mixture. Bake in a moderate oven thirty-five minutes. Serve with vanilla sauce.

Mrs. Isabella Ireland.

BAKED CUSTARD.

2 cups rich milk
Pinch salt
4 eggs
4 tablespoonfuls sugar
Nutmeg

Beat eggs with sugar, add salt. Stir well together. Pour into buttered dish, set in pan of hot water in slow oven and bake until set. After removing from oven add nutmeg to season.

Mrs. Isabella Ireland.

ENGLISH PLUM PUDDING.

1-2 large cup beef suet, chopped fine
1 cup flour
1-2 cup currants
1-2 cup seeded raisins
1 cup sugar
1-2 teaspoonful cinnamon
1-2 teaspoonful allspice
1-4 teaspoonful cloves
1-4 teaspoonful nutmeg
1 egg
Milk
Pinch of salt

Mix the suet, flour, currants, raisins, sugar, salt and spices. Add well beaten egg and sufficient milk to make a stiff batter.

Wring cloth out of hot water, flour inside well, pour in pudding (which should be well beaten the instant before pouring), tie securely, leaving room to swell, and place in a kettle with a saucer at the bottom to prevent burning; immediately pour in enough boiling water to entirely cover bag, which must be turned several times, keeping water boiling, filling up from tea kettle when needed. Open bag a little to let steam escape and serve immediately, as delay ruins all boiled puddings.

Boil one and one half hours. Serve with sauce.

Mrs. Lovisa Preator.

BOILED FIG PUDDING.

1-2 lb. beef suet (chopped very fine and rubbed to a cream)
2 heaping cups stale bread crumbs
1-2 cup milk
1-2 lb. chopped figs
2 well beaten eggs
1 cup sugar
1-2 teaspoonful salt
1 1-2 teaspoonfuls baking powder
A little flour

Mix the ingredients well and

steam 3 hours. When cooked serve with the following sauce:

2 eggs, beaten separately until very light
1 cup sugar
1 teaspoonful vanilla

To the beaten eggs add the sugar and beat again, then add the flavoring.

Mrs. Inez Chantron.

FLOATING ISLAND.

4 to 6 eggs
3-4 cups milk
8 to 10 tablespoonfuls sugar
Pinch salt
Flavoring

Add 7 to 9 tablespoonfuls sugar to yolks, add to cold milk, salt and flavoring.

Cook in double boiler, pour into pan, let cool and set. Beat whites of eggs with 1 tablespoonful sugar. Drop by spoonfuls into boiling water as poached eggs, turning once to insure cooking both sides. When cooked put on top of yellow custard. Each of the floats may have a bit of jelly on them for ornamentation.

Mrs. Isabella Ireland.

GOLDEN PUDDING.

1 cup finely chopped suet
1 cup molasses
1 cup sour milk
1 teaspoonful soda
1 teaspoonful cinnamon
1 teaspoonful allspice
1 teaspoonful nutmeg
1 cup chopped raisins
2 cups well sifted flour
1 scant teaspoonful salt

Mix and steam for two hours.

Sauce:

1-3 cup butter
1 1-2 cups brown sugar
1 egg
1 cup water
1 cup milk

Beat together and cook in double boiler five or ten minutes. Thicken and flavor.

Ada McClain.

PEACH CUSTARD.

Peel and cut in halves freestone peaches. Place a layer in baking dish, sprinkle generously with powdered sugar. Make a cornstarch custard, pour over peaches and cover with meringue made of 3 tablespoonfuls sugar and whites of 2 eggs. Bake and serve hot.

Mrs. Sarah Liles.

PRUNE WHIP.

1 pound prunes
1 cup sugar
1-2 pint cream
Whites of 3 eggs

Cook prunes with 1-2 cup sugar; when cool cut fine. Whip cream, stir in prunes, the well beaten whites and 1-2 cup sugar. Serve with cream.

Mrs. Henrietta Collier.

RICE PUDDING.

4 cups milk
1-2 cup rice
1-2 teaspoonful salt
1-3 cup sugar
Grated rind of 1 lemon or teaspoonful cinnamon
Raisins if desired

Wash rice, mix ingredients and pour into buttered pudding dish. Cover and bake. *

SUET PUDDING.

1-2 cup flour
1-2 teaspoonful salt
1-2 cup chopped beef suet
Yolk of 1 egg
1-2 cup molasses
1-2 teaspoonful soda
1-2 cup milk
1-2 cup raisins

Dissolve soda in a little hot water. Mix all ingredients, pour into a double boiler and steam two hours.

Mrs. Hattie M. Watters.

TAPIOCO PUDDING NO. 1.

1-4 cup minute tapioca
2 cups milk
2 eggs
1-2 cup sugar
1-2 teaspoonful salt
3 oranges
2 tablespoonfuls sugar

Put milk and tapioca in double boiler. Cook 15 minutes. Add well beaten eggs, sugar and salt. Pare oranges, remove membrane from sections; put in bottom of baking dish, sprinkle with 2 tablespoonfuls sugar, pour in tapioca mixture and bake in a moderate oven until custard is firm.

Oranges may be omitted if desired.

Mrs. Frances Walrod and Mrs. Clacie Cook.

TAPIOCA PUDDING NO. 2.

1 cup pearl tapioca
1 scant quart milk
4 eggs
1 1-2 cups sugar
Butter size of a walnut
1 teaspoonful vanilla

Soak tapioca over night in one pint of water. In the morning add milk, stirring gently and boil about 20 minutes. Add the well beaten yolks, sugar, butter and boil a few minutes longer. Add flavoring, and pour into an earthen dish. Cover with a meringue of whites of 4 eggs and 4 tablespoonfuls sugar. Brown lightly in the oven. Serve cold. *

LEMON SAUCE.

1 cup sugar
1 cup boiling water
1 tablespoonful butter
1 tablespoonful flour
1 tablespoonful cornstarch
Flavor with lemon or vanilla

Mix dry ingredients, add boiling water, boil. Add butter and flavoring after removing from the fire.

Marie Turner.

GINGER SAUCE.

1-2 cup sugar
1-4 cup molasses

1 teaspoonful butter
2 tablespoonfuls water
2 tablespoonfuls vinegar
1-2 tablespoonful ginger.

Mix and boil together five minutes and serve hot with pudding. *

BAKED APPLES NO. 1.

Core Jonathan apples and fill center with marshmallows and nuts. Bake.

Mrs. Leila Arrington.

BAKED APPLES NO. 2.

Wipe and core sour apples. Put in baking dish and fill cavities with sugar and spice. Allow 1-2 cup of sugar and 1-4 teaspoonful cinnamon or nutmeg to 8 apples. Cover bottom of dish with hot water and bake covered. *

STEWED APPLES.

9 medium sized apples
1 cup sugar
Cinnamon

Wash and core apples, place in pan, add sugar and sprinkle with cinnamon to season. Add sufficient cold water to cover three fourths of apples. Cover and boil until apples are tender.

Mrs. Henrietta Collier.

TO SERVE CANNED BLACKBERRIES.

Pour juice off berries, add sugar, thicken with flour. Return berries to the juice and serve with cream.

Mrs. Henrietta Collier.

MOCK CREAM.

1-2 cup sugar
White of 1 egg
1 apple grated or 3 tablespoonfuls raspberries and 1 banana.

Beat white of egg until very stiff, add sugar gradually, and fruit Whip. Fruit of any kind may be used.

Mrs. Clarene T. Quinn.

STEWED DRIED PEACHES.

Soak large yellow peaches in cold water over night. In the morning peel, put on stove in cold water, let boil, add sugar to taste and boil a few minutes.

Mrs. Margaret Turner.

Preserves, Jellies, Etc.

GENERAL RULE FOR PRESERVES.

In making preserves use 3 of fruit and 2 of sugar, by measure.

Mrs. Margaret Turner.

APRICOT PRESERVES.

Use 3 measures of fruit, 2 of sugar, add a little lemon peel which has been chopped very fine. Cook until thick.

Mrs. Clarene T. Quinn.

CHERRIES.

The sour cherries are best for this preserve. Remove the stems and stones from the cherries and proceed as for strawberry preserve.*

CHERRIES PRESERVED WITH CURRANT JUICE.

12 quarts cherries
3 quarts currants
2 quarts sugar

Put the currants in the preserving kettle and on the fire. When they boil up, crush them and strain through cheese cloth, pressing out all the juice.

Stem and stone the cherries, being careful to save all the juice. Put the cherries, fruit juice, and sugar in the preserving kettle. Heat to the boiling point and skim carefully. Boil for twenty minutes. Put in sterilized jars, or tumblers. This gives an acid preserve. The sugar may be doubled if richer preserves are desired. *

CRAB APPLE PRESERVES.

1 gallon sugar
1 quart water
8 quarts apples

Put sugar and water into a preserving kettle, stir until dissolved. Boil 5 minutes, skimming well. Put in the apples and cook until tender. Put in crocks. As apples are taken out add 3 quarts sugar and a little water. *

GRAPE PRESERVES.

Pulp grapes, boil pulp until the seeds loosen from the meat of grapes; put through colander to extract seeds. Take as much sugar (in bulk) as skins, mix with strained pulp and skins and boil until thick, or it begins to settle and tends to burn.

Mrs. Margaret Turner.

PEACH PRESERVES.

Scald the peaches and drain, cover with cold water, quarter, removing the pits.

Measure the fruit or weigh and allow 2-3 as much sugar as peaches.

Put the sugar in the saucepan with enough boiling water to dissolve and let boil until clear.

Put the fruit in the syrup and cook gently until very tender and partly clear.

Remove to the jar.

Boil down the syrup as thick as desired and pour over the fruit.

A few pits may be cracked and put in the syrup if the flavor is liked. *

PINEAPPLE PRESERVES.

Wash clean fine ripe pineapples. Put them in a large kettle or boiler full of cold water, boil until they can be penetrated between the sections with a broom straw. Take them out; when cool, cut them in slices one-half inch thick, pare off the rind and extract the cores. Weigh them and to every pound allow one pound of sugar. Cover a pan with a layer of sugar and then a layer of fruit. Let stand twelve hours, then drain the slices and put the syrup on to boil. Boil syrup and skim until scum ceases to rise, then drop fruit in syrup and cook slowly about fifteen or twenty minutes. Put into hot jars, cover with syrup to overflowing and put on the sterilized covers. Quinces prepared in this way are much improved.

Mrs. Annie Tuckfield.

PLUM PRESERVES.

4 quarts green-gages
2 quarts sugar
1 pint water

Prick the fruit and put it into a preserving kettle. Cover generously with cold water. Heat to the boiling point and boil gently for five minutes. Drain well.

Put the sugar and water in a preserving kettle and stir over the fire until the sugar is dissolved. Boil five minutes, skimming well. Put the drained green-gages in this syrup and cook gently for twenty minutes. Put in sterilized jars.

Other plums may be preserved in the same manner. The skins should be removed from white plums. *

QUINCE.

4 quarts, pared, quartered and cored quinces
2 quarts sugar
1 quart water

Boil the fruit in clear water until it is tender, then skim out and drain.

Put the two quarts of sugar and one quart of water in the preserving kettle; stir until the sugar is dissolved. Let it heat slowly to the boiling point. Skim well and boil for twenty minutes. Pour one-half of the syrup into a second kettle. Put one-half of the cooked and drained fruit into each kettle. Simmer gently for half an hour, then put in sterilized jars. The water in which the fruit was boiled can be used with the parings, cores and gnarly fruit to make jelly. *

STRAWBERRIES.

Use equal weight sugar and strawberries. Put the strawberries in the preserving kettle in layers, sprinkling sugar over each layer. The fruit and sugar should not be more than four inches deep. Place the kettle on the stove and heat the fruit and sugar slowly to the boiling point. When it begins to boil skim carefully. Boil ten minutes, counting from the time the fruit begins to bubble. Pour the cooked fruit into platters, having it about 2 or 3 inches deep. Place the platters in a sunny window, in an unused room, for three or four days. In that time the fruit will grow plump and firm and the syrup will thicken almost to a jelly. Put this preserve, cold, into jars or tumblers. *

WHITE CURRANTS.

Select large, firm fruit, remove the stems, and proceed as for strawberries. *

LEMON BUTTER.

3 lemons
1 pound sugar
3 eggs
2 teaspoonfuls butter
1 small cup water

Grate rind of lemons; beat all ingredients and boil 5 minutes or until quite thick. Store in glasses.

Mrs. Hattie M. Watters.

MARMALADES.

Marmalades require great care while cooking because no moisture is added to the fruit and sugar. If the marmalade is made from berries the fruit should be rubbed through a sieve to remove the seeds. If large fruit is used have it washed, pared, cored and quartered.

Measure the fruit and sugar, allowing one pint of sugar to each quart of fruit.

Rinse the preserving kettle with cold water that there may be a slight coat of moisture on the sides and bottom. Put alternate layers of fruit and sugar in the kettle, having the first layer fruit. Heat slowly, stirring frequently. While stirring, break up the fruit as much as possible. Cook about two hours, then put in small sterilized jars. *

ORANGE AND LEMON MARMALADE.

3 oranges
1 lemon
3 pints water
Sugar

Peel and remove pulp from fruit, add water and let stand over night (12 hours). Measure and add as many cups sugar. Boil 1 hour and pour in jelly glasses. *

GENERAL RULE FOR JELLIES.

Use half and half by measure.

Mrs. Margaret Turner.

APPLE JELLY.

Wash, stem and wipe the apples, being careful to clean the blossom end thoroughly. Cut into quarters and put into the preserving kettle. Barely cover with cold water (about 4 quarts of water to 8 of apples) and cook gently until the apples are soft and clear. Strain the juice and proceed as for currant jelly. There should be but 3 quarts of juice from 8 quarts of apples and 4 of water. *

CURRANT JELLY.

Free the currants from leaves and large stems. Put them in the preserving kettle; crush a few with a wooden vegetable masher or spoon; heat slowly, stirring frequently.

When the currants are hot, crush them with the vegetable masher. Put a strainer over a large bowl; over this spread a double square of cheese cloth. Turn the crushed fruit and juice into the cheese cloth, and let it drain as long as it drips, but do not use pressure. To hasten the process take the corners of straining cloth firmly in the hands and lift from the sieve; move the contents by raising one side of the cloth and then the other. After this put the cloth over another bowl. Twist the ends together and press out as much juice as possible. This juice may be used to make a second quality of jelly.

Measure the juice, and put it in a clean preserving kettle. For every pint of juice add a pint of granulated sugar. Heat the sugar in the oven.

Stir until the sugar is dissolved, then place over the fire; watch closely, and when it boils up draw it back and skim; put over the fire again, and boil and skim once more, boil and skim a third time; then pour into hot glasses taken from the pan of water on the stove and set it on a board. Place the board near a sunny window in a room where there is no dust. Lay sheets of glass on top of the tumblers. As soon as the jelly is set cover closely and keep in a cool, dry, dark place. *

BLACKBERRY JELLY.

Make the same as currant jelly.*

CRAB-APPLE JELLY.

Make the same as plain apple jelly. *

RIPE GRAPE.

An acid grape is best for this jelly. Make the same as currant jelly. *

GREEN GRAPE.

Make the same as apple jelly. *

PEACH JELLY.

Pare, seed and slice peaches, add kernels of about one fourth

their seeds. Place in kettle, cover with water, and cook until they can be pierced with a fork. Strain, and to each pint of juice add the juice of 1 lemon. Measure again; to each pint of juice add 1 pound of sugar. (Heat sugar before adding to boiling juice). Let juice boil 20 minutes, add sugar, bring to a boil and pour in jelly glasses.

Mrs. Juanita Black.

PLUM JELLY.

Use an under ripe acid plum. Wash the fruit and remove the stems. Pour into the preserving kettle with 1 quart water for each peck of fruit. Cook gently until the plums are boiled to pieces, strain the juice and proceed the same as for currant jelly. *

RASPBERRY AND CURRANT JELLY.

Make the same as currant jelly, using half currants and half raspberries. *

RASPBERRY JELLY.

Make the same as currant jelly. *

STRAWBERRY JELLY.

To 10 quarts strawberries add 2 quarts currants and proceed as for currant jelly, but boil 15 minutes. *

Canned Fruits, Vegetables, Etc.

BLUEBERRIES.

12 quarts berries
1 quart sugar
1 pint water

Put water, berries and sugar in the preserving kettle; heat slowly. Boil fifteen minutes counting from the time the contents of the kettle begin to bubble. *

CHERRIES.

Given amount cherries
1-4 quantity of sugar
1-2 quantity of water

Put sugar and water in kettle, stir until dissolved, add cherries. Bring gradually to a boil. Boil 10 minutes. Skim carefully. *

CRAB APPLES.

6 quarts apples
1 1-2 quarts sugar
2 quarts water

Put the syrup and water into the preserving kettle. Stir over the fire until the sugar is dissolved; When the syrup boils up skim it.

Wash the fruit, rubbing the blossom end well. Put it in the boiling

syrup, and cook gently until tender. Cook from twenty to fifty minutes.*

CURRANTS.

12 quarts currants
4 quarts sugar
Treat the same as for raspberries.*

GOOSEBERRIES.

6 quarts berries
1 1-2 quarts sugar
1 pint water

For green gooseberries dissolve the sugar in the water, then add the fruit and cook ten minutes. Ripe gooseberries are to be treated the same as the green fruit, but use only half as much water. *

GRAPES.

6 quarts grapes
1 quart sugar
1 gill of water

Squeeze the pulp of the grapes out of the skins. Cook the pulp five minutes and then rub through a sieve. Put the water, skins and pulp into the preserving kettle and heat slowly to the boiling point. Skim the fruit and then add the sugar. Boil 15 minutes.

Sweet grapes may be canned with less sugar; very sour ones may have more. *

MULBERRIES.

7 quarts berries
5 cups sugar
Rind of 4 lemons
Juice of 4 lemons
Water to cover
Cook 40 minutes.

Mrs. Nellie Preator.

PEACHES.

Make a syrup of 1 quart of water and 3 cups sugar. Let boil, drop in peaches and cook until soft. *

(Note—Peaches may be treated exactly the same as pears.)

PEARS.

8 quarts pears
1 quart sugar
3 quarts water

Put the sugar and water together and stir over the fire until the sugar is dissolved. When the syrup boils skim it. Put a layer of the prepared fruit into the preserving kettle and cover with some of the hot syrup. When the fruit begins to boil, skim carefully. Boil gently for ten minutes, then put in the jars and seal. If the fruit is not fully ripe it may require a little longer time to cook. It should be so tender that it may be pierced easily with a silver fork. It is best to put only one layer of fruit in the preserving kettle. While this is cooking the fruit for the next batch may be pared. *

PLUMS.

8 quarts plums
2 quarts sugar

1 pint water

Put the sugar and water into the preserving kettle and stir over the fire until the sugar is dissolved. Wash and drain the plums. Put some of the fruit into the boiling syrup. Do not crowd it. Cook 5 minutes and seal the jars. Continue in this manner until all the fruit is done. *

RHUBARB.

To can rhubarb without cooking, cut into inch lengths, using a silver knife; pack solidly into a perfectly clean glass jar and set under a faucet, and let the water (cold) run for twenty minutes. This will insure the removal of all air spaces, and the cover should be adjusted while the water is running over.

Screw down the top tightly, and set in a dark place.

Mrs. Annie Tuckfield.

BEANS NO. 1.

Select tender beans; string and break. Boil 3 hours. Do not add salt until nearly done. Season to taste. Fill jars, add one tablespoonful boiling vinegar to each quart before placing lid. Seal, invert and allow to stand over night. If no air spaces appear put away in a dark place.

Mrs. Rebecca McCarty.

BEANS NO. 2.

Prepare beans as for cooking. Place in boiling water for three minutes. Dip out in colander and pour cold water over them. Pack in sterilized jars, add 1 teaspoonful salt to each jar, fill with hot water, place rubber and top, sealing except for last turn. Place jars in canner or boiler (if boiler is used place wooden rack in bottom so jars will not touch) cover with water; boil 2 1-2 hours. Finish sealing.

Mrs. Bessie L. Pavlish.

BEANS NO. 3.

String and break beans. Fill jars tight, fill with salted warm water, turn top once; steam for 3 hours. Put 1 tablespoonful boiling vinegar into each quart and seal tight. Keep in dark place. When ready to serve, soak 1 cup kidney beans over night in water to which has been added a pinch of soda. In the morning add one quart canned beans, and season with a couple of slices of bacon and 1-2 cup Mazola oil.

Mrs. Henrietta Collier.

BEEF.

Cut meat into pieces sufficiently small to be readily inserted into the open mouth of the jar in which it is to be preserved. Fill jar half full, press it down firmly, add 1 tablespoon salt (to a half gallon jar, sprinkle with one tablespoonful salt,) fill jar, pressing firmly as before; sprinkle with another tablespoonful salt, place rubber, and top, screw down the top firmly. Place on a wooden rack in boiler in cold water

just high enough to escape rubber, loosen lid one turn, cover boiler tightly and boil for 4 hours. (1 quart jars must boil 3 hours.) Lift jars out, tighten lids invert jars, and let stand until cold. *

TOMATOES.

Wash the tomatoes and plunge into boiling water for two minutes. Pare and put them into the preserving kettle; set the kettle on an iron ring. Heat the tomatoes slowly, stirring frequently from the bottom. Boil for thirty minutes. Put in sterilized jars and seal.

In canning tomatoes everything used in the filling and sealing should be boiled thoroughly, and the air-bubbles let out of jar with sterilized knife or spatula. *

TO CAN TOMATOES WHOLE.

Take smooth, medium-sized tomatoes. Put them in a pan and pour boiling water over them, allow them to remain in it until the skins slip off easily. Put them in cold water and remove the skins. Do not cut deep enough in any part to expose the seeds. Now have a granite or porcelain kettle partly filled with boiling water, drop in the whole fruit, a few at a time and let remain long enough to get thoroughly heated but not to become soft. Remove and pack into cans, being careful not to mash or break; then fill the cans with boiling water. Seal immediately. *

CANNED TOMATO SOUP.

14 quarts ripe tomatoes
14 stalks celery
7 medium sized onions
14 sprays parsley
14 bay leaves
21 cloves
14 tablespoonfuls butter
14 tablespoonfuls flour
8 teaspoonfuls salt
16 teaspoonfuls sugar
4 salt spoons paprika

Boil until thoroughly cooked the tomatoes which have been sliced but not peeled. Chop celery fine, add chopped onions and boil with parsley, bay leaves and cloves. Add this to the tomatoes and strain all through a cloth. Thicken with butter and flour, add salt, sugar and paprika. Can while hot. When serving add 1-2 cup milk or cream to each pint of soup. *

Pickles, Catsup, Etc.

BEET PICKLES.

1 quart vinegar
2 teaspoonfuls sugar
1 cup water
1 teaspoonful salt

Cook beets until tender, remove skins, pack in jars and seal while hot. *

CHILI SAUCE NO. 1.

1 peck ripe tomatoes cut fine
6 onions
6 green peppers
1 cup brown sugar
1 quart vinegar
2 teaspoonfuls cinnamon
2 teaspoonfuls cloves
1-2 cup salt

Tie cloves and cinnamon loosely in cloth.

Mrs. Leola Preator.

CHILI SAUCE NO. 2.

3 quarts ripe tomatoes
1 quart onions chopped fine
4 cups vinegar
1-2 cup sugar
1-2 small cup salt
12 ripe chili peppers

Place the chili peppers in a pan in warm oven for a few minutes to make them crisp so they can be easily broken into small pieces. Mix ingredients and boil 3 or 4 hours. When it begins to thicken, stir frequently to keep from burning.

Be very careful while handling chilies not to put hands to the eyes as they smart very badly.

Lillian Peterson.

CHILI SAUCE NO. 3.

1 quart ripe tomatoes
1 cup lemon juice
8 tablespoonfuls brown sugar
1 teaspoonful, ground cinnamon
1-4 teaspoonful ground cloves
4 large onions, chopped fine.

Wash and peel tomatoes, cook until tender. Add onion, sugar and spices and cook 1-2 hour, then add lemon juice. Cook altogether 1 hour over slow fire. Remove from fire, bottle and seal.

Mrs. Amelia Harper.

CHOW-CHOW.

2 pecks green tomatoes
1 very large head cabbage
1 peck white onions
1 peck Mexican peppers (long thin ones are best before turning red.)

Put the vegetables through the chopper and sprinkle over them 1 cup salt and 1 tablespoonful black pepper. Let stand over night, in the morning drain off all the water. Add 1 scant gallon vinegar, one and one-half nutmegs, 1 heaping tablespoonful ground cinnamon, 2 heaping tablespoonfuls whole cloves, 3 heaping tablespoonfuls stick cinnamon (break cloves and cinnamon into little bags) and cook 15 minutes. Add 2 level tablespoonfuls mustard mixed with a little vinegar just after it comes to a boil. *

CUCUMBER RELISH.

6 large fresh cucumbers
1 scant tablespoonful salt
2 small onions or 1 large
1 teaspoonful white pepper
1 pint vinegar

Pare cucumbers very thin and chop fine, add salt and drain in a colander for about an hour. Add onions chopped fine, pepper and vinegar, stir together and seal in pint jars. Let it stand at least a

month before using. Do not heat or cook.

Mrs. Annie Tuckfield.

GREEN TOMATO PICKLE NO. 1.

2 gallons cabbage cut fine
1 gallon green tomatoes cut fine
1 ounce tumeric
1 ounce celery seed
1 ounce whole cloves
1 ounce ground black pepper
1-2 ounce white mustard seed
1 1-2 pounds white sugar
1 gill of salt
1 gallon white vinegar

Mix all together and boil fifteen or twenty minutes. Seal in jars.

Mrs. Sarah M. Eason.

GREEN TOMATO PICKLE. NO. 2.

1-2 bushel green tomatoes
6 large onions
6 large green peppers
1-4 pound white mustard
2 tablespoonfuls celery seed.

Chop all ingredients fine, add layer of tomatoes, one of onions, of peppers, onions and salt, using in all 1-2 cup salt. Let stand over night. In the morning squeeze dry and put on to boil in 2 quarts vinegar. Cook until tender, when done add 1 pound of sugar. Seal in cans.

Mrs. Iva Gates.

GREEN TOMATO SOY.

4 quarts green tomatoes
5 large onions
1 pint vinegar
1 pint sugar
1 tablespoonful salt
1 teaspoonful pepper
2 teaspoonfuls allspice
1-2 teaspoonful cloves

Slice tomatoes without peeling, slice onions, add other ingredients, mix together and cook until tender.

Leona Cox.

PEACH PICKLES.

8 pounds cling stone peaches
4 pounds sugar
1 pint vinegar

Stick two or three cloves in each peach. Add a few sticks of cinnamon and cook until tender. Put on a platter to cool. When cool put in jars and pour the cold syrup over them. Let them stand 24 hours, then seal.

This is a good rule for all kinds of fruit pickles if desired rich. If not use less sugar.

Mrs. Iva Gates.

PICCALILLI.

2 gallons green tomatoes chopped fine
12 onions chopped fine

2 quarts vinegar
1 quart sugar
2 tablespoonfuls salt
2 tablespoonfuls mustard
1 tablespoonful black pepper
1 tablespoonful allspice
1 tablespoonful cloves

Mix all the ingredients together, except the mustard which should not be added until the piccalilli is almost cooked. Cook until tender.

Lillian Peterson.

MUSTARD PICKLES NO. 1.

24 small cucumbers
2 quarts small onions
2 heads cauliflower
3 green peppers
2 quarts sliced green tomatoes

Let stand in salt water over night (use 1 cup of salt in water sufficient to cover them.) In the morning scald them in the same water. Do not boil them. Drain.

3 quarts cider vinegar
4 cups sugar
2 tablespoonfuls celery seed
1-2 pound of brown mustard
3-4 cup flour
2 tablespoonfuls tumeric

Mix flour and mustard with a little of the vinegar. Heat all together and bottle.

Mrs. Minnie K. Hazard.

MUSTARD PICKLES NO. 2.

1 quart whole small cucumbers or 1 quart sliced cucumbers
1 quart green tomatoes
1 quart button onions or 1 quart sliced onions.
1 quart small green beans
4 mango peppers
1 large cauliflower divided or 1 head cabbage chopped

Let soak over night in a brine made of 1 pint salt to 4 quarts water. Drain, scald in vinegar and drain again.

DRESSING.

1 cup flour
3 tablespoonfuls ground mustard
1 tablespoonful tumeric mixed with cold vinegar to make a smooth paste. Then add 1 cup sugar and hot vinegar to make 3 quarts. Boil, stirring constantly, until it thickens. Add to the above vegetables and cook until tender. Seal if desired.

Mrs. Gertrude Lindsey.

SPANISH PICKLES.

1 gallon sliced green tomatoes
1 quart sliced onions
2 1-2 cups vinegar
1 cup water
1-3 teaspoonful tumeric
1 scant cup mustard
1 teaspoonful allspice
1-2 teaspoonful cinnamon
1-4 teaspoonful cloves
1-4 teaspoonful ginger
1-2 teaspoonful nutmeg
Speck red pepper
2 cups sugar

Slice tomatoes the night before

using, put in basin a layer of tomatoes then a sprinkle of salt alternately. In the morning put on stove and pour over the vinegar and water. Make a thickening of tumeric and mustard. Pour this over the pickles, add sugar and spice bag. Cook until tender.

Mrs. Agnes Lloyd.

SWEET PICKLE.

1-2 bushel green tomatoes
12 large onions
2 cups salt
Chop fine and let stand over night

In the morning drain and boil 15 minutes in 1 pint vinegar 2 1-2 pints water. Drain and add 3 quarts vinegar, 1 quart water, 4 pounds sugar, 1 teaspoonful ginger, 2 tablespoonfuls allspice, 2 tablespoonfuls cloves, 2 tablespoonfuls cinnamon, 1 tablespoonful ground mustard.

Let boil 15 minutes, then seal.

Mrs. Gertrude Lindsey.

TOMATO CATSUP.

Wash and cut up a quantity of tomatoes. It is not necessary to remove the skins. Put in kettle without any water and boil until soft, then mash through a fine sieve until only seeds and skins remain. To each gallon of this liquid add 3 level tablespoonfuls of salt and 1-4 tablespoonful of red pepper. Place again in kettle and put in it a little bag containing for each gallon of tomatoes.

2 level tablespoonfuls whole allspice
4 level tablespoonfuls unground white or yellow mustard seed
1 level tablespoonful whole cloves
2 level tablespoonfuls unground celery seed
1 ounce stick cinnamon
3 ounces green ginger root that has been cleaned and scraped.

Drop also into the kettle 2 large whole onions. Bring to a boil, stirring frequently to prevent scorching, and boil until the mixture begins to thicken. Add 1 pint vinegar and 3 level tablespoonfuls sugar. Continue boiling until catsup becomes so thick that when a teaspoonful is put in a saucer no water will run from it. Then remove the onions and the bags of spices and put the catsup in jars, or bottles that have previously been washed in boiling water. Seal or cork while hot.

Ice Creams, Ices, Etc.

APRICOT ICE.

1 quart water
2 cups sugar
2 heaping tablespoonfuls flour
1 large can apricots
1-2 pint cream

Place sugar and water in sauce pan and allow it to come to a boil; stir in the flour, it having been mixed smooth in a little water. When cold, add apricots which have been pressed through a colander and freeze. When half frozen add cream and finish freezing. Allow it to stand an hour or more.

This amount will make 1 gallon.

Mrs. Josephine Shoaf.

FRUIT CUP.

1 cup white grapes
1 cup orange sections
1 cup pinepple, diced
1-2 cup orange juice
1-2 cup pineapple syrup
Sugar
A few grains salt

Remove skins and seeds from white grapes and membrane from orange sections. Mix fruit, orange juice and pineapple syrup or fresh pineapple juice, salt and sugar to sweeten. Put in freezer, pack in ice and salt. Stir occasionally until juice begins to freeze. Serve in glasses garnished with Maraschino cherries. Make 8 small or 6 large servings.

Ruby Earl.

ICE CREAM.

1 quart thick cream
1 quart unskimmed milk
3 cups sugar
5 eggs beaten separately
3 heaping tablespoonfuls flour

Flavor with extract or a cup of fresh fruit

Pinch of salt

Add the well beaten yolks to the cold milk and strain through a cloth. Scald milk. After it has cooled, add cream, stirring constantly. Add flour and sugar to milk and flavor to taste. Put in freezer, stir a few times and fold in the well beaten whites to which has been added a pinch of salt.

Very good for invalids.

If a sweeter cream is desired, add more sugar.

JUNKET TABLET ICE CREAM.

1 quart lukewarm sweet milk
3 tablespoonfuls sugar
1 teaspoonful vanilla
1 junket tablet
Fruit, if desired

To lukewarm (100 degrees Fahrenheit) milk add sugar and flavor-

ing. Dissolve the junket tablet in a spoonful of cold water and stir into milk quickly, to which the sugar has been added. Let stand 1-2 hour, pour into freezer and freeze. Fruit may be added.

Mrs. Clarene T. Quinn.

ORANGE ICE.

2 cups water
1 cup sugar
1-3 cup lemon juice
1 cup orange juice
Few gratings of orange rind

Boil water, sugar, orange rind five minutes. Cool. Add lemon and orange juice, strain and freeze.

Ruby Earl and
Blanche Beckstead.

STRAWBERRY SHERBET.

1 cup milk
1-2 cup sugar
1 pint strawberries

Mash the strawberries, add sugar and milk. Freeze.

Emma Blau.

Candies.

BUTTER SCOTCH.

2 cups sugar
1 cup corn syrup
4 tablespoonfuls vinegar
2 tablespoonfuls water
2 tablespoonfuls buttter

Cook all in granite pan until brittle when dropped in cold water. Pour on buttered plates and cool, and cut in squares.

Mabel Ireland.

CHOCOLATE CANDY.

White Fondant:
2 1-2 pounds sugar
1 1-2 cups hot water
1-4 teaspoonful cream tartar

Heat gradually. Cook slowly until it just holds its form in cold water. Beat till creamy. Knead in balls, lay on waxed paper until firmly set. With a tooth-pick dip in heated chocolate and parafine wax. Add nut meat on top.

Blanche Beckstead.

CREAMS.

2 cups pulverized sugar
Cream
Flavoring

Add sufficient cream to sugar to make a very stiff dough, flavor as desired. Flour hands, roll mixture into balls and place nut on top.

Cake coloring or raspberry juice may be used if different colors are desired.

Mrs. Clarene T. Quinn.

DIVINITY NO. 1.

1 cup syrup
3 cups sugar
1 cup hot water

Boil until a soft ball forms when dropped in cold water. Beat and add nuts.

Emma Blau.

DIVINITY NO. 2.

3 cups sugar
1 cup corn syrup
1-2 cup water
Whites of 2 eggs

Boil sugar, water and syrup until the ball dropped in cold water, cracks when hit against the side of the cup. Pour into beaten whites of the eggs, stir until creamy and it begains to set. Pour on plates and cut into squares. Nuts may be added if desired.

Kathleen Ireland.

FUDGE NO. 1.

2 cups sugar
1 cup milk
3 tablespoonfuls syrup
3 teaspoonfuls cocoa or ground chocolate

Boil all together until it forms a soft ball, when dropped in cold water. Pour on buttered plates and let cool. Beat until creamy, then knead and add nuts.

Kathleen Ireland.

FUDGE NO. 2.

1 cup milk
1 1-2 cups brown sugar
Butter the size of an egg
1 cup nuts, chopped
Vanilla

Cook until it drops from spoon. Remove from fire, add vanilla; beat until it begins to thicken; add nuts and beat 3 or 4 minutes. Pour into buttered pan and cut into squares.

White sugar may be used instead of brown if 2 heaping teaspoonfuls cocoa or 1 square of chocolate is added. *

NOUGAT.

2 cups sugar
1-2 cup White Karo syrup
1-2 cup boiling water
Whites of 2 eggs
1 teaspoonful vanilla
1 cup nuts
Pineapple or cherries

Boil sugar, syrup and water until it spins a thread. Pour 2-3 cup of syrup over stiffiy beaten whites and beat hard. Let balance of syrup boil until it reaches a hard ball degree, pour over beaten mixture, add vanilla and nuts. Squeeze juice from fruit and add if desired. Beat until creamy. Pour into buttered pans and cut.

Mrs. Clarene T. Quinn.
Docia Officer.

PANOCHE

1 cup brown sugar
1 cup white sugar

2-3 cup milk
2-3 cup nuts
1 teaspoonful cream of tartar

Melt butter in pan, add sugar, milk, and cream tartar. Stir until it comes to a boil, cook until a soft ball forms when dropped in cold water. Beat until creamy, add nuts and drop on waxed paper, or put in a dish and cut into squares.

Blanche Beckstead.

PINOCHI.

2 cups brown sugar
1 cup cream
Pinch salt

Let boil until a ball forms when dropped in cold water. Beat. Add 1 cup nuts and beat until it turns light. Pour in buttered pan.

Mrs. Clarene T. Quinn.

SEA FOAM.

2 cups sugar
1-2 cup water
White one egg
1 teaspoonful vanilla
1-2 cup nut meats

Cook sugar and water until it threads. Add to beaten white and when it begins to cool add vanilla and nut meats. *

TAFFY.

2 cups sugar
1 cup water
1 teaspoonful cream of tartar

Boil all together until it forms a good ball, pour on buttered plates and let cool. When cool, it is ready to pull.

Helen Ireland

Sandwiches.

"DO'S" FOR SANDWICHES.

Use bread at least one day old. It can be cut thin so much easier than the fresher bread.

Bread for sandwiches must always be cut thin. It is not necessary to trim the crusts away. When this is done, however, they must be saved, dried, ground and used for crumbs.

Have all materials for fillings cold, crisp if they should be. Lettuce is always a good addition to any sandwich.

Sandwiches should always be wrapped in oiled paper, if they are to be eaten several hours after making.

If a food is to be used for a picnic it must be one that can be easily packed in a lunch basket. "Mussy" food is never attractive. Fruit is always good, also cakes and cookies.

BOSTON RAREBIT SANDWICH.

Grate 1 pound of cheese put into a saucepan with 4 tablespoonfuls of

butter as the cheese softens add red pepper, salt and a little mustard, keep stirring constantly; when well mixed add 1-2 cup of cream, stir until smooth then add 2 well beaten eggs. Stir hard for a moment, then remove from the fire, add a little cream for consistency. Serve on buttered bread. *

CHEESE SANDWICHES.

Mash cheese, add sufficient cream to spread; salt to season.

Bessie Edwards.

CHICKEN SANDWICHES.

Chopped chicken or turkey can be mixed with the lettuce or cabbage and mayonnaise or used with the mayonnaise alone for filling. These meats mixed with barely enough mayonnaise to make them spread would be found very appetizing when placed between thin slices of bread with a small spoonful of cranberry sauce. *

EGG SANDWICHES.

Hard boiled eggs and when cold cut them into moderately thin slices and lay them between well buttered slices of bread. Season with pepper and salt, or mash, season with salt, pepper, celery seed and sufficient mayonnaise to make a paste. *

CHOPPED HAM FILLING.

Cold boiled ham chopped fine with lettuce and hard-boiled egg is good when mixed with mayonnaise. Cold boiled ham and mayonnaise spread on the bread, then stuffed olives placed over it before adding the other slice of bread is fine. Cold boiled beef or chicken may be used instead of ham. *

MEAT SANDWICHES.

Grind left over ham and sweet pickles; mix with salad dressing. Spread on white or brown bread.

Ingeborg Peterson.

PEANUT SANDWICHES.

Mix ground salted peanuts, sweet pickles and salad dressing.

Grace Von Nordeck.

RIBBON SANDWICH.

1 small can pimentos (chopped)
Boiled dressing
Lettuce leaves
4 slices of bread cut 1 inch thick

Mix the pimentos with boiled dressing. Butter both sides of the bread except the bottom of the lower slice and the top of the upper. Put together as layer cake, using two layers of pimentos and one of lettuce or two layers of lettuce and one of pimentos. Put salad dressing on lettuce leaves to make them stick.

Make sandwiches 1 hour before serving. When ready to serve trim off crusts and slice as layer cake.

Mrs. Inez Chantron.

SALAD SANDWICHES.

4 large apples sliced and cut fine
1-2 pound dates cut fine
1-2 pound walnuts chopped fine
Mix with salad dressing and spread between slices of bread and tender lettuce. *Grace Von Nordeck.*

BOILED TONGUE SANDWICHES.

Cook tongue until tender, from two to four hours. Remove skin and roots while hot. Cut in very thin slices or put through a chopper. Season well with salad dressing. *

Beverages.

CHOCOLATE.

1-2 cup grated chocolate
1 pint water
1 pint milk
Sweeten to taste
Rub the chocolate smooth in a little cold water and stir into the boiling water. Boil 20 minutes, add the milk and boil 10 minutes longer, stirring it often. Sweeten to suit your taste. *

CRANBERRY COCKTAIL.

To 1 quart cranberries add 2 quarts water, cook until tender; strain; add 1 pint of orange juice, 1-2 pint lemon juice, 1 pint pineapple juice. Sugar to taste and water to the right consistency. *

FRUIT COCKTAIL.

1 pint lemon juice
1 pint orange juice
1 pint pineapple juice
1 quart water
1 bottle ginger ale
Sugar to taste. *

COCOA.

4 heaping tablespoonfuls cocoa
1 cup sugar
Milk
Water
Boil cocoa, sugar and one cup water together. Add sufficient boiling milk and water to make about two gallons cocoa. When ready to serve put a marshmallow in each cup.

Mrs. Margaret Turner.

EGGNOG.

Separate 1 egg for each glass wanted, to the yolks add a little sugar and a few drops of orange or lemon juice. Beat well and pour into glasses, fill 2-3 full of cold sweet milk. Beat the whites of eggs very stiff, add a little sugar and a few drops of fruit juice and pile lightly on top. Serve at once. *

FRUIT PUNCH NO. 1.

Juice of 3 oranges
Juice of 2 lemons

1-4 pint grape juice
1 cup sugar
2 quarts ice water
Fruits must be large, firm and fresh.

Mrs. Clarene T. Quinn.

FRUIT PUNCH NO. 2.

1 pint grape juice
1 pint raspberry juice
5 dozen lemons
6 pounds sugar
Add three gallons ice water.

Mrs. Annie Tuckfield.

FRUIT PUNCH NO. 3.

1 dozen oranges
1 dozen lemons
2 cups sugar (scalded in water)
1 small can pineapple
1 quart grape juice
Water to make 2 1-2 gallons

Mrs. Agnes Lloyd.

UNFERMENTED GRAPE JUICE.

Take 10 pounds grapes, 1 cup water, 3 pounds sugar. Put grapes and water in stewpan, heat until seeds and pulp separate. Strain through jelly bag, add the sugar, heat to boiling point and bottle. This will make one gallon. When served dilute with water one-half.

Mrs. Effie Stivers.

LEMONADE.

Three lemons to a pint of water makes a strong lemonade; sweeten to your taste. *

LEMONADE FOR PICNICS.

2 quarts water
4 cups sugar
4 1-2 cups lemon juice

Boil water and sugar together for ten minutes. Remove the syrup from the fire and add lemon juice. Let the mixture cool, then seal in glass jars and put in a cool place.

When you wish to make lemonade dilute the syrup with ice water. *

LIME PUNCH.

Put eight cubes of sugar in a bowl and pour over them the juice of two limes and two oranges. Add one and a half cups of cold water, and when the sugar is melted, chill the syrup with cracked ice. Just before serving it add a slice of pineapple and a few crystallized cherries. The recipe makes only a small amount of punch. For a large company it should be trebled. *

Miscellaneous.

TO BLANCH ALMONDS.

Drop in boiling water, let boil a few minutes after nuts are put in, then throw them into cold water, slip off the skins and dry them in the open air. Do not dry them in the oven, this takes away the oil. Prepare nuts the day before needed.*

PEANUT BUTTER.

Grind peanuts in a meat chopper and to every three tablespoonfuls of peanuts add 1 tablespoonful of butter. Mix well and add salt to taste. If desired, a little olive oil may be added. *

HOW TO PRESERVE EGGS IN WATER GLASS.

To preserve eggs in water glass select perfectly fresh, sound shelled eggs, (infertile August laid eggs are preferable.) Do not wash before packing. If necessary wipe with a cloth wrung out of vinegar and allow to dry before putting away. Use a well glazed earthenware jar for a container, the size depending upon the number of eggs to be preserved. It is cheaper to buy waterglass in gallon lots. Use one quart of waterglass to nine quarts of water. Soft water is preferable. Boil water and allow to stand over night or until cold, add waterglass, mix thoroughly and the solution is ready for use. Store eggs in a cool place. Keep covered.

Fresh eggs may be added to the solution from day to day as gathered.

In all instances wash these eggs before using them.

Mrs. Charlotte T. Bennion.

CANDIED ORANGE PEEL.

Strip and soak in salt and water (a tablespoonful of salt to a quart of water), leaving them over night; then parboil in water, changing this several times, until tender. Weigh the fruit; add one pound of sugar and one cup of water to each pound of fruit. Cover and boil for an hour, remove cover and let the syrup boil away. When nearly dry roll in granulated sugar.

Mrs. Annie Tuckfield.

TO MAKE SOAP.

4 bars Ivory Soap
1-4 pound borax
1 pound salsoda
1-4 pound Glauber-salts
1 ounce spirits camphor
4 ounces benzine

Dissolve borax, soda and salts in 1-2 gallon water. When water boils remove from stove, add soap cut fine and stir gently until all

is dissolved. Add camphor, stir until mixed and add 5 pints water, one at a time, stirring well each time until the mixture is thick. Add the other ingredients, mix well.

This soap may be used to clean coat collars, carpets, etc.

Mrs. Henrietta Collier.

WHEY (BABY FOOD.)

2 quarts fresh milk. Heat to 100 degrees F. and add 2 tablespoonfuls Fairchild's Essence of Pepsin. Remove from stove and allow to remain in a warm place until it becomes firm. Cut with knife into large pieces. Drain off whey. Let whey come to a boil, add 1 tablespoonful sugar. Feed either very hot or very cold—8 ounces every 3 hours. *

Housekeeper's Alphabet

Apples should be kept in a dry well ventilated place, as cool as possible without freezing.

Brooms will last longer if dipped for a minute or two in boiling suds once a week.

Cranberries should be kept under water in cellar. Change water monthly.

Doughnuts to be heated should be sprinkled with a few drops of water, placed in a whole paper bag, end twisted and put in a very hot oven.

Every trace of pitch tar may be removed by saturating the spot and rubbing it with turpentine.

Fruit stains need boiling water poured through them for their removal.

Gasoline applied freely to the carpet by means of a sponge or brush will protect it from moths.

Hairbrushes may be washed in a basin of warm water to which has been added a tablespoonful of household ammonia. Rinse.

Ivory may be bleached by simply moistening and being exposed to direct sunshine.

Jars (glass) are excellent receptacles to keep any food with strong odor in the ice-box.

Kerosene evaporating from uncorked vial in the clock will lubricate bearings.

Linoleums washed in tepid water and wiped with cloth dampened in equal parts cold milk and water, allowed to dry and given a coat of floor varnish occasionally, will wear indefinitely.

Mildew may be removed by soaking the article in sour milk and salt and laying it in the sun. Repeat until all mildew has vanished.

New milk will curdle in preparing milk porridge, gravies, etc., if salt is added before the dish is prepared.

Oranges keep best wrapped in paper and laid in a drawer. Lemons may be kept in cold water which should be changed twice a week.

Pumpkin seeds are better than cheese for baiting a mouse trap.

Quick-silver and white of an egg destroy bedbugs.

Rusty screws can be removed by applying a red hot iron to the head. Remove while hot.

Too much salt—When used, add one tablespoonful of vinegar and one teaspoonful sugar.

Use lemon juice and salt to remove ordinary iron rust. Lay in the sun.

Vases may be washed by putting a teaspoonful of dry rice into the vase, partially filling it with water and shaking vigorously.

White spots on furniture caused by heat or water may be removed by holding a hot iron near them. Wipe dry, use good furniture oil and polish.

Xantippe was a scold—Don't imitate her.

You may help to keep your silver bright by adding a little milk to the water in which it is washed.

Zinc oxide with one per cent picric acid made into ointment is best for burns.

& regulate your clock by your husband's watch.

Planning and Serving a Meal

In planning the daily meals it is best to try and keep down the cost as much as possible. Cheap foods are as wholesome and as nutritious as expensive ones, and if properly prepared they are just as attractive. The next consideration is to choose such foods for one meal as are suitable to be served together. Do not serve a delicately flavored dish after a strong flavored one has been eaten. Certain flavors go together as mint sauce with lamb or horseradish sauce with roast beef, and certain flavors destroy each other and should never be combined in the same meal.

Be careful to have the dishes balance each other in food value. If roast pork is served, do not serve with it dishes rich in fat and a rich dessert. Better serve vegetables that have a large per cent of water and acid, as tomatoes and apple sauce. The acids aid in the digestion of the fat. Do not begin a heavy dinner with a cream soup. A clear soup is much more appropriate because it is less filling and requires almost no work of digestion, and because it really stimulates the flow of digestive juices and thereby aids in the digestion of the rest of the meal. Save the cream soups and rich desserts for meals that are not heavy. They are very appropriate for luncheon or for supper.

Number of Courses at a Meal.

In most busy families a two course meal is quite sufficient for ordinary purposes. On occasions when a more elaborate meal is required a four course meal is sufficient for any save very formal occasions.

Breakfast may consist of a fruit course, a cereal course, and a meat course, though meat need not be served at this course. Eggs, bacon, fried cereals, pancakes, French toast and similar dishes are suitable for this course. Hot breads are particularly relished in the morning but in most cases there is too much work involved in their preparation to make them practical for a busy housekeeper.

The fruit and cereal courses may be combined. Fruits are often served with the cereals. Bananas sliced with any cereal, cooked or cold, are very good. Dates, raisins or figs may be cooked with the cereal and afford a variety. Berries and sliced peaches are delicious served on the prepared cereals.

Such dishes make a good dessert for suppers and are particularly appropriate for children.

For dinner the simplest arrangement is the meat course and the dessert course. With the meat course is served the vegetables and bread. Dinner can be added to by serving either a soup course or a salad course, or both.

Instead of soup, fruit is sometimes served. A fruit cup made up of chopped fruit seasoned with sugar, or a grape fruit served plain or with maraschino cherry, is often served for the first course of the dinner.

A Four Course Dinner.

If the first course is soup, serve it with crackers, bread sticks, pulled bread or croutons. The second course of a four course dinner is the meat course, or the main part of the dinner. Ordinarily a meat, potatoes or rice and one other vegetable is sufficient for this course. Rolls, biscuits or plain bread are served with this course. Next comes the salad course. This should blend with the rest of the meal. If the dishes of the second course have been strong in flavor, serve salad that is not too delicate in flavor, as a cheese salad or a tomato salad. With the salad serve crackers, salad rolls or sandwiches. Toasted crackers are particularly good for the salad course. The last course is the dessert. This may be as simple as you choose or as elaborate. Ordinarily it is better to serve a simple dessert after a heavy meal.

Supper or Luncheon.

Supper or luncheon may have two, three or four courses, as the housekeeper may desire. In many cases it differs from dinner only in the meat that is served. It is really not necessary for meat to be served more than once a day. It used to be believed that an extra amount of meat was needed by men engaged in hard work, but careful experiments by our leading scientists show that where plenty of nutritious food is taken, including starches, sugars and fats, no more meat is need when one is doing heavy work than when one is resting.

When meat is served for supper it is usually some dish made from leftover meats. Instead of meats we may serve eggs, cheese, or we may omit a protein dish entirely and be just as well off.

Preparing Dining Room and Tables.

The way a meal is served has as much to do with its attractiveness as the selection or the preparation of it. There are several methods of serving in vogue, some of which are practical only when a maid is kept to wait on table. For most housekeepers the simple method is the best. There are, however, certain rules that hold no matter what method of serving is used.

First of all, the dining room should be clean and neat. It should be well aired and properly lighted. Be careful that no one is allowed to sit with the direct sunlight in his face. On the other hand, do not draw the shades so as to make the room seem dark and gloomy.

The tablecloth should be clean and smoothly ironed. If any spot has accidentally been made upon it, it should be covered by a doily or service cloth of some kind. Lay the tablecloth perfectly straight, having the middle creases of the cloth exactly in the middle of the table.

Flowers or a small fern or plant add a great deal to the appearance of the table, but the flowers must be thrown away as soon as they lose their freshness.

Where the laundering of tablecloths is a serious problem, doilies may be used for breakfast and supper, provided the table top is in good condition.

The silver should be perfectly clean and laid perfectly straight one inch from the edge of the table. It is just as easy, after a little practice to place the silver in a neat and orderly manner as to place it carelessly and the difference in the appearance of the table is wonderful.

All glassware should be polished and shining. Chipped and cracked dishes will spoil the appearance of any table, and are really unnecessary. They tell a tale of carelessness in handling and washing that is quite inexcusable.

Plates upon which warm food is to be served should be warmed before using. This is especially desirable in cold weather when the plates would naturally be so cold that they would cool off the food before it could be eaten.

Hot dishes should be served HOT and cold dishes served COLD. Nothing is more unappetizing than a half warm soup or stew, or a warm salad, or a half cooled custard.

The water should be fresh and cold and poured just as the meal is served. Pains should be taken in summer to keep the butter cool enough to keep its shape. On the other hand, in very cold weather it may be allowed to stand in the kitchen long enough to soften, so that it may be easily spread on bread.

Serve everything in as attractive manner as possible. Usually undecorated dishes are prettier than decorated ones. Dishes highly decorated with flowers and similar patterns are not considered beautiful or in as good taste as plain or very simply decorated ones.

Be sure that none of the contents of a dish is spilled on the edge. If any should be spilled in removing it from the saucepan clean it off before placing on the table.

A sprig of parsley on the side of the meat platter or as a garnish for egg croquettes, etc., adds so much to its attractiveness. A supply of parsley may be had during the winter if you will only pot one or two vigorous stalks in the fall and set the pots in a sunny window. Use the outside leaves. New ones grow almost as soon as the old ones are used up.

Whether we are entertaining company or not, certain refinements should be observed at every meal. We should always be careful about our personal appearance, and strive to be as courteous and pleasant and thoughtful of others when we have no guests as when we have. There is no other feature of family life that makes for the health, welfare, refinement and good fellowship of the whole family as the family meal.

Serving the Meal.

A "cover" is the space occupied by one person at the table, together with the silver, china, glass, etc., used by him during the meal. Not less than eighteen inches should be allowed in length for a cover, though twenty-five to thirty is much better. The depth of the cover should be about sixteen inches.

The silver is placed with regard to its use. At the right of the plate place the knife and its cutting edge turned in. To the right of this place the spoons to be used during the meal. If so desired, the silver for dessert may be placed when that course is served. To the left of the plate place the forks with the tines up, in the order in which they are to be used. The silver to be used first is placed on the outside. That used last is on the inside. At the end of the knife, place a glass of water. If bread and butter plates are to be used, they are placed at the end of the fork. Lay the napkin to the left of the fork with the corners of the napkin next to the handle of the fork. A little dish of salted almonds is often placed beside the bread and butter plate.

A service plate is placed between the knife and fork. On this is placed the soup dish for the first course. It is removed with the soup plate when the dinner plate is passed.

It is the custom to serve a dinner in such a way that a plate will be before each guest all the time until everything is removed for the dessert course.

Three Methods of Serving.

There are three methods of serving. The English method is to have all food brought to the table and served by the host or hostess.

The Russian method is to have everything placed on dishes and served from the kitchen or pantry.

The compromise is to combine these two, serving from the table such things as seem convenient to serve in this way and from the kitchen such things as are easier served in that way.

Serving a Four Course Dinner.

Following is a sample four course meal and brief directions for serving it.

In serving food in any method there are certain rules that are always followed. Pass everything to the left. If the waitress stands at the left, this leaves the guest free to help himself with his right hand. Place everything at the right, filled plates, sauce, etc. Remove all dishes from the right.

This rule may be changed at the discretion of the waitress. If two persons are quite close together and engaged in conversation, it is often easier to remove from the left of one, and is much better than it would be to interrupt the conversation and perhaps inconvenience the guests.

The keynote of good service is to do the work quietly, quickly and deftly. Never stack any dishes on the table. Remove them one at a time and if necessary to do so, pile them on top of each other at a serving table, near the kitchen door. It is better to remove them one in each hand, to the kitchen or pantry.

At the beginning of the meal, have all the silver, etc., required for three courses, at each cover. Just before announcing dinner pour the water and place the butter. This may be on a plate to be passed, or a butter ball may be on each bread and butter plate. Bread and butter plates are not used on formal occasions as butter is not served at formal dinners. Serve the hot soup in hot soup plates, and when these are placed announce dinner.

The correct way is for the waitress to come to the room where the hostess and her guests are assembled and say to her, "Dinner is served."

The soup accompaniment may be placed on the bread and butter plate, or passed by the waitress.

For the second course, the waitress removes the soup plates, and brings in meat and vegetables. These are placed in front of the host. He serves a plate, and gives it to the waitress, or the dinner plates as served by the host, if the occasion is informal enough, may be passed along the table by the persons seated there.

This method is the only practical one where dinner is served without a maid. The rolls or bread are passed next, by the waitress, if there is one, or from person to person where there is none. The same method is followed with the relishes. When served by a waitress, the dish should be placed on a tray with a doily or held on a folded napkin in the hand. Refill water glasses when necessary.

It is considered better to serve meat and vegetables on the dinner plate. The vegetables should be prepared so that they may be eaten with the fork instead of a spoon. There are a few vegetables as stewed tomatoes where this is impossible.

At the end of this course, remove first the meat platter and the vegetable dishes and then the dinner plates. The bread and butter plates may be left for the salad course.

The salad may be served by the hostess at the table or it may be prepared in the kitchen and the plates placed in front of the guest by the waitress.

The crackers or sandwiches are served next, and water glasses refilled if needed. After the salad course, all china, silver, etc., is removed except that needed for the dessert. Crumb the table with folded napkin and tray or plate before serving the dessert.

The dessert may be placed before the hostess and served by her, or it may be served from the kitchen, or pantry. If finger bowls are to be used these should be placed when the dessert is removed, and no further service is required of the waitress.

When Food is in Season

Apples are in season all the year, cheapest from August until spring.
Artichokes (Jerusalem) are ready for use in September.
Asparagus from the first of May until the middle of June.
Bass, a fish of which there are a dozen varieties, at all times of the year.
Beans, String, June to November; Lima, from July through the year.
Beef is good at all seasons of the year.
Blackberries from July to September.
Butternuts ripen in September.
Cabbage, May and June and lasts through all the year.
Carrots come from the South, in May, and last until November.
Cauliflower from June until October.
Celery from August to April, but is better after being bitten by frost.
Cheese all the year round.
Cherries from the South in May, and continue until August.
Chestnuts after the first severe frost.
Chocolate is best in cold weather, on account of its richness.
Chub, a fresh water fish, in fall and winter.
Clams from May until September.
Corn, green, from June to September.
Crabs from June to January, but are more wholesome in the cold months.
Cranberries from September to April.
Cucumbers in the South, April; in Middle States June to November.
Currants, green, June to July; ripe, July to August.
Damsons, a small black plum, July to August.
Doves, the turtle, one of the best game birds, in August and September.
Ducks, domestic, are best in June and July; wild in spring or fall.
Elderberries August and September.
Fish, as a rule are in best condition just before spawning.
Geese, wild from October to December, tame at four months old.

Gooseberries from June to December.

Grapes from September till winter.

Guinea Fowl, best in winter when they take the place of partridges.

Halibut in season all the year.

Herring from February to May.

Herbs for seasoning should be gathered just as they begin to flower.

Horseradish is always in season.

Lamb in March, but from June to August is best as well as cheapest.

Lemons arrive fresh from West Indies in winter.

Lobsters are plentiful in market, except in winter months.

Mackerel from May through the summer.

Mushrooms are most plentiful in August and September.

Muskmelons from July to the middle of September.

Mutton is in season all the year, but is not so good in the fall, the meat being drier and strong flavored.

Onions, new, large, from the Bermudas about May 1st, and from the South in June, and those of home raising in the Middle States the middle of July.

Oranges from Florida and West Indies are in market from October until April; those from the Mediterranean from January until May. The Florida oranges are the best and largest.

Oysters are in season from September to May; May, June and July being the spawning months.

Partridges, Pheasants or Ruffled Grouse, are in season in most markets from September to January, but are best in October and November.

Paw-Paws are ripe about the middle of September.

Peas, green, from the South May 15; home grown, in the Middle States, about June 15.

Peaches come from the South July 1; and are plenty in market from August to September.

Pears which are best for eating are in season from August to October.

Pigeons, wild, are plentiful in September.

Pork should never be eaten in warm weather.

Potatoes, new, arrive from the South June to July, and are plentiful in July and August.

Potatoes, sweet, are in season from August to December, after which they lose their flavor.

Prairie Chickens in season from August to October.

Prunes arrive fresh from December to May.

Pumpkins are in season from September to January.

Quail during November and December.

Quinces are in season from October to December.

Rabbits are in best condition in November, but are in season from September till January, and in the North later, until breeding season begins.

Radishes are in season from April till cold weather.

Raspberries are in market from the middle of June till September.

Rhubarb from April to September.

Salmon from March till September.

Shad appear in market from February 20 to June.

Smelts are abundant from October to April.

Snipe are in market from March 20 to April 20.

Spinach is the earliest vegetable used for green, and is continued through the season by providing a succession of crops.

Squash, summer, from June to August; winter from August through the winter.

Strawberries from the South appear as early as April 1, but are not plentiful until June, and the season is over in July.

Suckers from October to April.

Tomatoes are plentiful in Northern markets before June.

Trout, brook, are in season from March till August; lake trout from October to March; Mackinaw trout in winter months.

Turkeys are best in fall and winter, though in market all the season.

Turnips, new, are in market about June 1 and last through the year.

Turtles are in market from May to winter.

Veal is in season except in hot weather, when it keeps badly.

Venison from the buck is best from August to November, from the doe from November to January.

Watermelons are in season from July to October.

Woodcock is in season from July to November, but is best in October.

Elementary Chemistry of Foods and Their Several Classes

The more sluggish the habit of the animal, fish or bird, the more unfit the flesh for food, because the animal fails to cleanse its own tissues of cell waste before it is killed for food, notably pork and rabbit, carp and mud-cat, owls, crows, etc.

Meats contain stored energy, but also contain a great deal of poison (wear and tear of tissue), which must be eliminated by the person eating the same. The flesh also contains an excess of calcium salts which tends to harden the arteries and make for other deleterious changes. Carnivorae are quick and active, but when the supply of stored energy is exhausted they are unable to continue strenuous work. The herbivorae, on the contrary, manufacture and store their own energy, hence are capable of more prolonged exertion. The potassium salts predominate in vegetable foods.

The chief vitamines are the Water Soluble A found in the outer coats of cereals, especially rice polishings, and the Fat Soluble B found in the leaves of plants, hence in milk and butter, because of the enormous quanitity of foliage consumed by our domestic milk producers.

Proteids, carbohydrates and fats are alike worthless, no matter how accurately balanced the ration may be, if devoid of these vitamines. The older we grow, the less meats and sweets we can consume to advantage. The more salads and raw vegetables and fruits we can eat the better as a rule our standard of health, because the chemical change of the vegetable and fruit acid uniting with the waste products of the system take place in the stomach when raw, and in the kettle when cooked.

It is obvious then, that an ideal diet should contain a well balanced ration of fats, carbohydrates and proteids, with the necessary vitamines and a plentiful supply of raw vegetables and fruits. Canned goods, especially in these days of speculation in foods when a major part of the canned food on the market has been held over since before the war, and although tasting natural is devoid of the nutrition it should contain because of the destruction of the vitamine due to the age of the canned product or frozen meat. Eat as little canned goods as possible, unless you are certain it is comparatively fresh. The same may be said of cold storage meats, fish, etc.

In Group I are the foods rich in proteids:

Lean meats	Cheese
Poultry	Eggs
Fish	Dried beans and peas
Oysters	Lentils
Milk	Nuts

These are the foods that make for growth and repair. The body has capacity to use only a given amount of this food stuff. Amounts taken in excess are not only wasted, but are positively harmful.

In Group II are foods rich in starch:

Bread	Crackers	Potatoes	Hominy
Macaroni	Noodles	Tapioca	Spaghetti
Rice	All cereals and breakfast foods, meals and flours.		

These furnish heat and must be converted into sugar before they are used in the body.

In Group III are foods rich in sugar:

Cane and beet sugar	Preserves	Dried fruits
Honey	Cakes and cookies	Candy
Jellies	Sweet puddings and sauces	
Syrups		

In Group IV are foods characterized by fats:

Butter	Butter substitutes
Cream	Salt pork
Lard and other cooking fats	Bacon
	Salad oils

Groups II, III and IV are economical sources of heat and energy. The body uses what it needs and tends to store up excess as fatty tissue. In Group V are foods depended upon for mineral matter, vegetable acids and body regulating substances:

Apples	Beans,
Pears, etc.	Greens of all kinds
Berries	Tomatoes
Oranges	Squash
Lemons	Beets
Bananas	Carrots
Melons	Onions
Green vegetables	Turnips
Salads	Cabbage
Lettuce	Potatoes
Celery	Other fruits and vegetables, raw
Cress	and cooked, fresh and dried.
Green peas	

To have a well balanced ration each group should be represented in the day's dietary, preferably in each meal. Duplicates in various classes should be avoided.

Food for the Sick

Cream Soup—One pint boiling water, half teacup cream; add broken pieces of toasted bread and a little salt.

Chicken Broth—Boil the chicken slowly, putting on just enough water to cover it well, watching it closely that it does not boil down too much. When the chicken is tender, season with salt and a very little pepper. When it has cooled, the yolk of an egg beaten light and added, is very nourishing.

Oatmeal Gruel—Pour four tablespoonfuls of coarsely ground oatmeal into a pint of boiling water. Let it boil gently, and stir it often, till it becomes as thick as you wish it. Then strain, and add to it while warm, butter, nutmeg, or whatever is thought proper to flavor it. Salt to taste.

If you wish to make a gruel of fine oatmeal, sift it, mix it to a thick batter with a little cold water, and then put it into the saucepan of boiling water. Stir it all the time it is boiling, lifting the spoon gently up and down, and letting the gruel fall slowly back into the pan.

Arrowroot Milk Porridge—One large cup of fresh milk, (new if you can get it,) one cup boiling water, one teaspoonful arrowroot, wet to a paste with cold water, two teaspoonfuls of white sugar, a pinch of salt. Put the sugar into the milk, the salt into the boiling water, which should be poured into a double boiler. Add the wet arrowroot and boil, stirring constantly until it is clear; put in the milk and cook ten minutes, stirring often. Give while warm, adding hot milk should it be thicker than gruel.

Especially good for sensitive bowels, with a tendency to diarrhea.

Boiled Rice—Boil half a cup rice in just enough water to cover it with half a teaspoonful of salt; when the water has boiled nearly out and the rice begins to look soft and dry, turn over it a cup of milk and let it simmer until the rice is done and nearly dry; take from the fire and beat in a well-beaten egg. Eat it warm with cream and sugar. Flavor to taste.

Cup Custard—Break into a cup an egg, put in two teaspoonfuls of sugar, beat it up thoroughly, a pinch of salt and a pinch of grated nutmeg; fill up the cup with good sweet milk, turn it into another cup, well buttered, and set it in a pan of boiling water reaching nearly to the top of the cup. Set in the oven, and when the custard is set, it is done. Eat cold.

Plain Milk Toast—Cut a thin slice from a loaf of stale bread, toast it very quickly, sprinkle a little salt over it, and pour upon it three tablespoonfuls of boiling milk or cream. Crackers split and toasted in this manner, are very good.

Egg Gruel—Beat the yolk of an egg with one tablespoonful of sugar, pour one teacupful of boiling water on it, and add the white of an egg, beaten to a stiff froth, with any seasoning or spice desired. Take warm.

Raw Beef Tea—Select a good piece of round steak, trim off the fat. Cut meat in half inch cubes, put it into a glass jar, add a little cold water and let stand on the back of the stove for two or three hours. To extract the juice use a lemon squeeze or compress in a strong cloth. Make only small quantities at a time. To one-half a cup of juice add one slightly beaten egg. Salt and pepper highly or to suit the taste of the patient. To serve, heat sufficiently warm to just fall short of coagulating of the meat and egg. This contains 7 per cent nutrition as against boiled beef broth 5.

To Remove Grease from Broths for the Sick—After pouring in dish, pass clean white wrapping-paper quickly over top of the broth, using several pieces, till all grease is removed, or allow broth to stand until cold and remove fat.

Rice Water—Wash four tablespoonfuls unpolished rice; put it into two quarts of water, boil down to one quart, and then add sugar and a little nutmeg. This makes a pleasant drink. A pint or half a pint of milk added to the rice water, before it is taken from the fire, gives a nourishing food suitable for cases of diarrhea. Sago, tapioca, barley or cracked corn can be prepared in the same manner.

Fruit juices are laxative and eliminant, and should be used freely.

Suggested Menus for Different Seasons

According to the Word of Wisdom we should have each food in its season. We therefore give sample menus for the different seasons.

January.

1. *Breakfast*—Waffles, broiled steak, fried apples. *Dinner*—Meat pie, potatoes, canned peas, pudding with sauce. *Supper*—Oyster soup, macaroni and cheese, canned fruit.

2. *Breakfast*—Muffins, cereal, eggs, fruit. *Dinner*—Roast beef with potatoes, stewed tomatoes, celery, pie or dried fruit. *Supper*—Light biscuit, sliced beef, crackers and milk.

3. *Breakfast*—Light biscuit, beef hash, potatoes, grape fruit *Dinner*—Roast leg of mutton, mint sauce, baked potatoes, peas, slaw, sponge cake and canned peaches. *Supper*—Sliced mutton, French fried potatoes, currant jelly.

4. *Breakfast*—Pancakes, croquettes, poached eggs, oranges. *Dinner*—Baked fish, tomato sauce, canned corn, baked potatoes, slaw, cake. *Supper*—Fish balls, slaw, cheese, celery.

5. *Breakfast*—Buttered toast, baked apples with cream, eggs, potatoes. *Dinner*—Soup, roast pork, sweet potatoes, cabbage salad, stewed tomatoes, fruit. *Supper*—Pork sandwiches, mush and milk, mustard pickle.

6. *Breakfast*—Gems, breakfast food with sliced bananas, fried mush. *Dinner*—Roast chicken with dressing, cranberry sauce, mashed potatoes, celery, pumpkin pie. *Supper*—Light biscuit, cold chicken, canned fruit.

February.

1. *Breakfast*—Cream toast, breakfast food, croquettes, oranges. *Dinner*—Bean soup, tomatoes, cabbage salad, baked squash, custard, fruit. *Supper*—Macaroni with cheese, mush and milk.

2. *Breakfast*—Hot rolls, fried mush, omelet, grape fruit. *Dinner*—Fried

oysters, mashed potatoes, baked beans, currant jelly, celery, nuts and cakes. *Supper*—Potato patties, creamed carrots, cheese, stewed prunes.

3. *Breakfast*—Muffins, ham and eggs, potatoes, fruit. *Dinner*—Tomato soup, Lima beans, potatoes, spaghetti, pickles, cream puffs, oranges. *Supper*—Cream gravy, fried potatoes, cottage cheese, French toast, canned fruit.

4. *Breakfast*—Gems, soft boiled eggs, rolled oats, oranges. *Dinner*—Roast goose stuffed with apples, mashed potatoes, stewed tomatoes, currant jelly or cranberry sauce, sherbet and cake. *Supper*—Buttered toast, cold goose, jelly, apple sauce.

5. *Breakfast*—Light biscuit, calf liver and bacon, potatoes, grape fruit. *Dinner*—Beef loaf, tomato sauce, parsnips, canned corn, cream banana pie. *Supper*—Sliced beef loaf, fried parsnips, pickles, custard.

6. *Breakfast*—Poached eggs on toast, salmon croquettes with lemon. *Dinner*—Boiled beef, noodles, mashed potatoes, cold slaw, tomatoes, bread pudding with sauce. *Supper*—Cold beef sandwiches, potato patties, macaroni and cheese, cake and sauce.

March.

1. *Breakfast*—Griddle cakes, maple syrup, oatmeal with cream, apple sauce. *Dinner*—Baked beans with pork, Boston brown bread, parsnips, lettuce, potatoes, pie. *Supper*—Lumpy Dick and milk, preserved fruit, plain cake.

2. *Breakfast*—Plain bread, liver and bacon, fried mush, fruit. *Dinner*—Baked fish, creamed carrots, mashed potatoes, salad, *Supper*—Stewed tomatoes, fish balls, light biscuit, jelly, cakes.

3. *Breakfast*—Hot rolls, omelet, potato cakes, oranges. *Dinner*—Oyster soup, mashed potatoes, turnips, macaroni and cheese, celery, cream and cake. *Supper*—Bread and milk, potato patties, cottage cheese, stewed rhubarb.

4. *Breakfast*—Waffles, ham and eggs, fruit. *Dinner*—Stewed chicken, mashed potatoes, noodles, tomatoes, baked apples. *Supper*—Hot biscuits, cold chicken, cream gravy, baked sweet potatoes, preserved fruit with whipped cream.

5. *Breakfast*—Poached eggs on buttered toast, grape-nuts, fruit. *Dinner*—Beef pot roast, gravy, hot biscuits, mashed potatoes, cabbage slaw, fruit and cake. *Supper*—Sliced cold beef, French fried potatoes, cheese, fruit.

6. *Breakfast*—Muffins, beef hash, boiled rice, fruit. *Dinner*—Asparagus, macaroni and cheese, potatoes, lettuce, pudding, cake. *Supper*—Mush and milk, potatoes, jam and custard.

April.

1. *Breakfast*—Hot biscuits, eggs, oatmeal, stewed prunes. *Dinner*—Roast chicken with dressing, mashed potatoes, cranberry sauce, celery, cream pie. *Supper*—Left-over chicken on toast, baked apples with cream, cake.

2. *Breakfast*—Muffins, boiled rice, potato cakes, grape fruit. *Dinner*—Baked beans, tomato soup, mashed potatoes, pickles, fruit and cake. *Supper*—Bread and milk, potato balls, celery, canned peaches.

3. *Breakfast*—Cream toast, puffy omelet, baked apples. *Dinner*—Beef loaf, mashed potatoes, macaroni with cheese, fruit, cake. *Supper*—Cold sliced beef, slaw, warm ginger bread, milk.

4. *Breakfast*—Corn bread, fish croquettes, boiled eggs, fruit. *Dinner*—Lima beans, baked potatoes, asparagus, stewed tomatoes, lettuce and onions, rhubarb pie. *Supper*—Light biscuits, baked sweet potatoes, cottage cheese, fruit and cake.

5. *Breakfast*—Batter cakes, scrambled eggs, potato balls, apple sauce. *Dinner*—Vegetable soup, spinach, mashed potatoes, canned peas, pickled beets, bread pudding. *Supper*—Potato patties, sardines with lemon, fruit.

6. *Breakfast*—Poached eggs on toast, cereal, strawberries and cream. *Dinner*—Baked beans, potatoes, cabbage salad, radishes, apple dumplings with sauce. *Supper*—Warm bread with milk, mashed potatoes, cream gravy, preserved fruit.

May.

1. *Breakfast*—Buttered toast, omelet, sliced tomatoes, fruit. *Dinner*—Spinach with eggs, new potatoes, pickled beets, radishes, strawberry short cake. *Supper*—Canned salmon, asparagus on toast, stewed cherries.

2. *Breakfast*—Hot biscuits, oatmeal with cream, scrambled eggs, stewed rhubarb. *Dinner*—Italian macaroni, mashed potatoes, asparagus, lettuce salad, pudding with sauce. *Supper*—Potato patties, cottage cheese, stewed fruit and cake.

3. *Breakfast*—Gems, breakfast food, fried potatoes, fruit. *Dinner*—Baked chicken, new potatoes, green peas, lettuce, baked rhubarb, cream puffs. *Supper*—Hot biscuit, cold chicken, preserved fruit and cakes.

4. *Breakfast*—Cream toast, croquettes of cold meat, fried potatoes, sliced pineapple. *Dinner*—Beans or peas, new potatoes, asparagus, lettuce and onions, cherry pie. *Supper*—Lumpy Dick and milk, toasted buns and jelly.

5. *Breakfast*—Poached eggs on toast, fried mush, strawberries and cream. *Dinner*—Baked beans, young beets, new potatoes, lettuce, radishes, berries and cake.

6. *Breakfast*—Waffles, boiled rice with cream, potatoes, oranges. *Dinner*—Bean soup, greens, young turnips, potatoes, rhubarb pie. *Supper*—Toasted muffins, creamed asparagus, bread and milk, berries.

June.

1. *Breakfast*—Rolls, fried chicken, potatoes, fruit. *Dinner*—Green peas, new potatoes, summer squash, sliced cucumbers, berries and cream. *Supper*—Rolls, cold chicken, jelly, fruit.

2. *Breakfast*—Muffins, breakfast food, potato balls, raspberries and cream. *Dinner*—Green peas, new potatoes, beet pickles, tomatoes, cherry pie. *Supper*—Bread and milk, lettuce, radishes, fruit salad.

3. *Breakfast*—Buttered toast, breakfast food, potatoes, fruit. *Dinner*—Fried chicken, cream gravy, mashed potatoes, sliced tomatoes, lettuce salad, apple sauce, cake. *Supper*—Asparagus, cold chicken, baked rhubarb.

4. *Breakfast*—Buttered toast, poached eggs, cherries. *Dinner*—Cauliflower, spinach with eggs, sliced tomatoes with mayonnaise, cheese, strawberry short-cake. *Supper*—Toasted buns and milk, cottage cheese, rhubarb sauce and cakes.

5. *Breakfast*—Waffles, boiled eggs, stewed tomatoes, fruit. *Dinner*—

Beef soup with noodles, new potatoes, lettuce with French dressing, stewed berries and cake. *Supper*—Light biscuit, cottage cheese, lettuce salad, fruit cake.

6. *Breakfast*—Gems, oatmeal with cream, sliced tomatoes, stewed apricots. *Dinner*—String beans, potatoes, lettuce, young onions, cherry pie. *Supper*—Rolls, asparagus, lettuce salad, raspberries and cake.

July.

1. *Breakfast*—Hot biscuit, omelet, fried egg plant, fresh berries with cream and sugar. *Dinner*—Green peas, spinach with eggs, sliced cucumbers, new potatoes, berries and cream, cake. *Supper*—Bread and milk, lettuce salad, sliced tomatoes, sliced bananas or pineapple.

2. *Breakfast*—Breakfast food, toast, poached eggs, fresh cherries. *Dinner*—Mashed potatoes, string beans, lettuce, tomatoes, raspberries with cream. *Supper*—Potato patties, canned salmon with sliced lemon, lettuce salad, berries.

3. *Breakfast*—Breakfast food, fried potatoes, stewed tomatoes with toast, raspberries. *Dinner*—Potatoes, summer squash, cabbage slaw, cottage cheese, tomatoes, baked custard and cake. *Supper*—Potato salad, stewed tomatoes, warm gingerbread and milk.

4. *Breakfast*—Waffles, scrambled eggs, stewed gooseberries. *Dinner*—Stewed corn, string beans, potatoes, tomatoes, beet pickles, cherry pie. *Supper*—Bread and milk, potato balls, sliced tomatoes, fruit.

5. *Breakfast*—Muffins, omelet, fried tomatoes, stewed pears. *Dinner*—Green peas, stuffed baked potatoes, lettuce with mayonnaise, sliced cucumbers, fruit salad, cake. *Supper*—Buttered toast, sliced tomatoes, green peas, stewed berries, cake.

6. *Breakfast*—Oatmeal with cream, toast, baked potatoes, blackberries. *Dinner*—Green corn, cauliflower, new potatoes, sliced tomatoes with mayonnaise, raspberries with cream. *Supper*—Bread and milk, potato patties, cabbage slaw, fruit.

August.

1. *Breakfast*—Boiled rice, omelet, fried raw potatoes, peaches and cream.

Dinner—String beans, potatoes, cauliflower, tomatoes, sliced cucumbers, Damson pie. *Supper*—Cottage cheese, lettuce with French dressing, sliced tomatoes, apple sauce.

2. *Breakfast*—Buttered toast, breakfast food, potato balls, stewed plums. *Dinner*—Peas, green corn, potatoes, fried egg plant, sliced cucumbers, peaches and cream. *Supper*—Bread and milk, stewed tomatoes, lettuce with mayonnaise, whole peaches.

3. *Breakfast*—Muffins, oatmeal with cream, sliced tomatoes, potatoes, musk-melon. *Dinner*—Baked sweet potatoes, fried chicken, cream gravy, tomato sauce, green peas, grape pie. *Supper*—Potato balls, sliced tomatoes, cabbage slaw, cheese, baked apples.

4. *Breakfast*—Light biscuit, mush and milk, fried sweet potatoes, peaches. *Dinner*—Summer squash, succotash, tomatoes, potatoes, sliced cucumbers, grapes. *Supper*—Bread and milk, lettuce salad, sliced tomatoes, cheese, apple pie.

5. *Breakfast*—Batter cakes, breakfast food, sliced tomatoes, fresh pears. *Dinner*—Lima beans, raw tomatoes, creamed carrots, mashed potatoes, pickled beets, apple dumplings with sauce. *Supper*—Buttered toast with milk, stewed tomatoes, rice with cream and sugar.

6. *Breakfast*—Waffles, scrambled eggs, stewed tomatoes, blackberries. *Dinner*—String beans, boiled corn on the cob, potatoes, sliced tomatoes, watermelon. *Supper*—Potato salad, cottage cheese, apple sauce, cake.

September.

1. *Breakfast*—Gems, cornmeal mush, fried potatoes, musk-melon. *Dinner*—Stewed corn, mashed potatoes, summer squash, sliced tomatoes, watermelon. *Supper*—Bread and milk, deviled eggs, apple sauce, cake.

2. *Breakfast*—Milk toast, fried potatoes, peaches and cream. *Dinner*—Succotash, potatoes, stewed tomatoes, celery, apple dumplings with sauce. *Supper*—Potato salad, cottage cheese, peaches and cream.

3. *Breakfast*—Oatmeal and cream, eggs, huckleberries. *Dinner*—baked sweet potatoes, slaw, string beans, sliced tomatoes, grapes. *Supper*—Potato balls, cottage cheese, baked pears.

4. *Breakfast*—Hot biscuits, breakfast food, fried sweet potatoes, baked apples. *Dinner*—Lima beans, mashed potatoes, stewed corn, sliced cucumbers, peaches and cream. *Supper*—Cold slaw, red salmon, musk-melon.

5. *Breakfast*—Breakfast food, toast with poached eggs, stewed plums. *Dinner*—Cauliflower, white sauce, Lima beans, mashed potatoes, sliced cucumbers, tomatoes, watermelon. *Supper*—Bread and milk, potato balls, peaches and cream.

6. *Breakfast*—Muffins, fried apples, omelet, fresh apricots. *Dinner*—Baked sweet potatoes, green corn, cabbage salad, stewed tomatoes, peach cobbler. *Supper*—Cottage cheese, potato salad, peach cobbler.

October.

1. *Breakfast*—Breakfast food, boiled eggs, fried potatoes, stewed prunes. *Dinner*—Pot roast, gravy, hot biscuits, boiled sweet potatoes, cold slaw, fruit. *Supper*—Sliced cold beef, potato balls, pickles, apple sauce.

2. *Breakfast*—Muffins, oatmeal with cream, fried eggs, fruit. *Dinner*—Bean soup, tomatoes, mashed potatoes, cauliflower, apple pie. *Supper*—Bread and milk, potato balls, pickles, stewed plums.

3. *Breakfast*—Hot biscuits, boiled rice with cream and sugar, potato patties, fruit. *Dinner*—Beef loaf, gravy, mashed potatoes, cold slaw, peach cobbler. *Supper*—Potato croquettes, cheese, hot gingerbread and milk.

4. *Breakfast*—Waffles, omelet, fried egg plant, stewed crabapples. *Dinner*—Lima beans, squash, cabbage, potatoes, pickles, baked apples. *Supper*—Cold slaw, stewed tomatoes, potatoes, jelly, cakes.

5. *Breakfast*—Buttered toast, Hamburger steak, tomatoes, baked apples. *Dinner*—Beef soup with noodles, mashed potatoes, squash, cold slaw, baked apples. *Supper*—Buttered toast and milk, cottage cheese, baked sweet potatoes, grapes.

6. *Breakfast*—Batter cakes, toast with poached eggs, oranges. *Dinner*—Lima beans, boiled sweet potatoes, creamed carrots, tapioca pudding, cake. *Supper*—Bread and milk, French fried potatoes, apple sauce, doughnuts.

November.

1. *Breakfast*—Waffles, omelet, potato croquettes, oranges. *Dinner*—Lima beans, potatoes, mashed turnips, cabbage slaw, pudding and sauce. *Supper*—Bread and milk, baked potatoes, cold slaw, baked apples.

2. *Breakfast*—Muffins, oatmeal with cream, fried potatoes, stewed apricots. *Dinner*—Beef loaf, mashed potatoes, fried parsnips, cheese, mixed pickles, pumpkin pie.

3. *Breakfast*—Hot biscuits, boiled eggs, breakfast food with fruit and cream. *Dinner*—Baked sweet potatoes, sauer kraut, Lima beans, stewed parsnips, baked apples. *Supper*—Lumpy Dick and milk, potato balls, celery, preserved fruit.

4. *Breakfast*—Buttered toast, poached eggs, boiled rice, sliced bananas and cream. *Dinner*—Oyster soup, roast turkey with oyster dressing, cranberry sauce, mashed potatoes, baked squash, olives, celery, cheese, pumpkin or mince pie, nuts. *Supper*—Cold roast turkey, potato salad, cranberry sauce, celery, preserved fruit and cake.

5. *Breakfast*—Fried mush, vegetable hash, apple sauce. *Dinner*—Macaroni with cheese, baked potatoes, slaw, beet pickles, cake. *Supper*—Buttered toast and milk, canned peas, preserved fruit.

6. *Breakfast*—Gems, fried liver and bacon, potato cakes, stewed prunes. *Dinner*—Meat pie, baked sweet potatoes, diced turnips, celery, apple pie with whipped cream. *Supper*—Toast, stewed tomatoes, potato salad, canned peaches.

December.

1. *Breakfast*—Hot biscuits, boiled rice, scrambled eggs, stewed prunes. *Dinner*—Lima beans, stewed tomatoes, baked stuffed potatoes, celery, fruit. *Supper*—Mush and milk, salmon croquettes, lemon pie.

2. *Breakfast*—Oatmeal and cream, omelet, apple sauce. *Dinner*—Vegetable soup, baked squash, creamed carrots, browned potatoes, cold slaw, custard pie. *Supper*—Buttered toast, sliced cold meat, sweet milk, baked apples.

3. *Breakfast*—Batter cakes, breakfast food, fried potatoes, bananas and cream. *Dinner*—Macaroni and cheese, mashed potatoes, canned corn, celery, bread pudding and sauce. *Supper*—Cottage cheese, stewed tomatoes, cold slaw, fruit.

5. *Breakfast*—Waffles with honey, toast, poached eggs, bananas and cream. *Dinner*—Roast turkey garnished with fried oysters, escalloped oysters, mashed potatoes, peas, cranberry sauce, celery, cheese, Christmas plum pudding with sauce, mince pie, fruit cake, nuts. *Supper*—Rolls, cold turkey, slaw, celery, fruit, cake.

6. *Breakfast*—Hot rolls, fish croquettes, potato balls, baked apples. *Dinner*—Escalloped turkey, cranberry sauce, baked potatoes, canned corn, mince pie. *Supper*—Toast and milk, cottage cheese, stewed apples, cake.

NOTE—A few simple dishes chosen with due regard to the Word of Wisdom, in season and properly balanced as to proteids, fats and carbohydrates, will serve to keep the family healthy and robust, thus avoiding the erratic tastes and fancies that come of over-indulgence in rich pastries, meats, etc.

Alphabetical Index.

BEVERAGES

Chocolate 89
Cranberry Cocktail 89
Fruit Cocktail 89
Cocoa 89
Eggnog 89
Fruit Punch, No. 1 89
Fruit Punch, No. 2 90
Fruit Punch, No. 3 90
Grape Juice, Unfermented 90
Lemonade 90
Lemonade for Picnics 90
Lime Punch 90

BISCUITS, SHORT CAKES, MUFFINS, ETC.

Biscuits, Southern Breakfast 47
Biscuits, Drop 47
Biscuits, Beaten 47
Apple Dumplings 47
Muffins 48
Muffins, Sally Lun 48
Wafers, Buttered 48
Corn Bread 48
Potato Dumpling Fritters 48
Potato Fritters 48
Potato Griddle Cakes 49
Breakfast Puffs 49
Pancakes 49
Waffles 49
Lumpy Dick 49

BREAD

Yeast 41
Yeast, "Everlasting" 41

White Bread, No. 1 41
White Bread, No. 2 41
White Bread, Quick Method 42
Whole Wheat 42
Oatmeal 42
Salt Rising 43
Boston Brown 43
Raisin and Nut 43
Nut 43
Apple Cake 44

CAKES

Angel 55
Angel, Mock, No. 1 56
Angel, Mock, No. 2 56
Blackberry 56
Chocolate Devil's 56
Chocolate 56
Cocoanut 57
Cream 57
Devil's Food, No. 1 57
Devil's Food, No. 2 57
Economical All-round 57
Eggless-Milkless-Butterless 58
Fruit, Cheap 58
Fruit, Christmas 58
Fruit, Christmas White 59
Fruit, Imitation 59
Luncheon 59
Nut 60
Snow 60
Strawberry Short-cake 60
Spice 60
Walnut 60
White, No. 1 61
White, No. 2 61
Cheap Sponge 61
Cheap 61
One Egg 62
Plain 62
Poor Man's 62
Jelly Roll 62

Cream Puffs 62
Chocolate Eclairs 63
Fig Eclairs 63
Gingerbread 63
Spiced Drop 63
Ginger Snaps 63
Cup Cakes 64
Cookies, No. 1 64
Cookies, No. 2 64
Cookies, Crisp 64
Cookies, Russian 64
Doughnuts, No. 1 65
Doughnuts, No. 2 65

CANDIES

Butter Scotch 85
Chocolate 85
Creams 85
Divinity, No. 1 86
Divinity, No. 2 86
Fudge, No. 1 86
Fudge, No. 2 86
Nougat 86
Panoche 86
Pinochi 87
Sea Foam 87
Taffy 87

CANNED FRUITS, VEGETABLES, ETC.

Blueberries 76
Cherries 76
Crab Apples 76
Currants 77
Gooseberries 77
Grapes 77
Mulberries 77
Peaches 77
Pears 77
Plums 77
Rhubarb 78
Beans, No. 1 78
Beans, No. 2 78

Beans, No. 3 78
Beef 78
Tomatoes 79
Tomatoes, Whole 79
Tomato Soup 79

EGGS AND CHEESE

Eggs, Poached 26
Eggs, Scrambled 26
Eggs, Baked 26
Omelet, Puffy 26
Egg Boxes 26
Egg Nests 26
Eggs, Stuffed 26
Eggs, Devilled 27
Egg Salad 27
Cheese, Cottage 27
Cheese, Cottage, Pie 27
Cheese Dreams 27
Cheese Fondu 27
Cheese and Potatoes 28
Cheese Straws 28
Cheese on Toast 28

ELEMENTARY CHEMISTRY OF FOODS AND THEIR SEVERAL CLASSES 104

FISH

Salmon, Baked, with Dressing 22
Salmon, Baked Canned 22
Salmon Loaf, No. 1 22
Salmon Loaf, No. 2 22
Salmon or Trout, Boiled 23
Halibut, Steamed or Boiled 23
Pudding 23
Fried 23
Oysters, Scalloped 23
Oysters, Fried 24

FOOD FOR THE SICK 106

HOUSEKEEPER'S ALPHABET 93

ICE CREAMS, ICES, ETC.

Apricot Ice 84
Fruit Cup 84
Ice Cream 84
Ice Cream, Junket Tablet 84
Orange Ice 85
Strawberry Sherbet 85

ICINGS AND FILLINGS

Caramel 65
Chocolate 65
Chocolate Confectioner's 65
Confectioner's 65
Marshmallow 65
Orange 65
Fig 66
Fruit and Nut 66
Lemon Jelly 66
Orange 66

MEATS

Beef Roast 13
Beef Pot Roast 13
Chuck Roast 13
Beef Loaf, No. 1 14
Beef Loaf, No. 2 14
Beef Loaf, No. 3 14
Short Cake, Ryzon Meat 14
Chili Con Carne 15
Meatless Chili Con Carne 15
Hamburger Steak and Tomatoes 15
Creamed Fresh Beef 15
Mock Duck 15
Round Steak 16
Kidney Pudding 16
Liver and Bacon 16
Meat Croquettes, No. 1 16
Meat Croquettes, No. 2 17
Hash 17
Peppers, Sweet Stuffed 17
Meat Patties 17

Meat Pockets 17
Dumplings for Stews, No. 1 17
Dumplings for Stews No. 2 18
Noodles 18
Lamb, Roast Leg of 18
Mutton Chops, Fried 18
Veal Loaf 18
Veal Cutlets 19
Pork Roast 19
Apbriba Loaf, Ryzon 19
Ham, Potted 19
Turkey, Roast 19
Chicken, Roast 20
Dressing for Fowls, No. 1 20
Dressing for Fowls, No. 2 20
Wild Duck, Roast 20
Chicken, Pressed 21
Chicken, Fried 21
Chicken Croquettes 21
Chicken, Left-over 22

MISCELLANEOUS

Almonds, to Blanch 91
Butter, Peanut 91
Eggs, How to Preserve 91
Orange Peel, Candied 91
Soap, to Make 91
Whey (Baby Food) 92

PASTRY

Pie Paste 50
Apple, No. 1 50
Apple, No. 2 50
Apple Custard 50
Butter Scotch, No. 1 50
Butter Scotch, No. 2 51
Chess 51
Cocoanut Cream 51
Cream 51
Cream Banana Nut 52
Custard 52
Fruit Roll 52

Lemon Cream 52
Lemon 52
Mince Meat 53
Mince Meat, Mock 53
Peach Cobbler 53
Pie Plant 53
Pineapple 53
Prune 54
Pumpkin 54
Sour Cream 54
Sweet Potato 54
Sweet Potato Custard 54
Vanilla Cream 55
Vinegar 55
Meat 55

PICKLES, CATSUP, ETC.

Beet 79
Chili Sauce, No. 1 80
Chili Sauce, No. 2 80
Chili Sauce, No. 3 80
Chow Chow 80
Cucumber Relish 80
Green Tomato, No. 1 81
Green Tomato, No. 2 81
Green Tomato Soy 81
Peach 81
Piccalilli 81
Mustard, No. 1 82
Mustard, No. 2 82
Spanish 82
Sweet 83
Tomato Catsup 83

PLANNING AND SERVING A MEAL 95

PRESERVES, JELLIES, ETC.

General Rule for Preserves 72
Apricot 72
Cherries 72
Cherries with Currant Juice 72
Crab Apple 72

Grape 72
Peach 72
Pineapple 73
Plum 73
Quince 73
Strawberries 74
White Currants 74
Lemon Butter 74
Marmalades 74
Orange and Lemon Marmalade 74

General Rule for Jellies 74
Apple 75
Currant 75
Blackberry 75
Crab Apple 75
Grape, Ripe 75
Grape, Green 75
Peach 75
Plum 76
Raspberry and Currant 76
Raspberry 76
Strawberry 76

PUDDINGS, CUSTARDS, DESSERTS, ETC.

Banana 66
Blanc Mange 67
Bread 67
Bread, Chocolate 67
Carrot 67
Chocolate Custard 67
Cottage 68
Custard, Baked 68
English Plum 68
Fig, Boiled 68
Floating Island 69
Golden 69
Peach Custard 69
Prune Whip 69
Rice 70
Suet 70
Tapioca, No. 1 70

Tapioca, No. 2 70
Lemon Sauce 70
Ginger Sauce 70
Apples, Baked, No. 1 71
Apples, Baked, No. 2 71
Apples, Stewed 71
Blackberries, to Serve Canned 71
Cream, Mock 71
Peaches, Stewed Dried 71

ROLLS

French 44
Luncheon 44
Parker House, No. 1 45
Parker House, No. 2 45
Buns 45
Roll Mixture 46
Apple Cake 46
Apple Struvle 46
Cinnamon Buns 46
Pancakes 46
Rusks 46
Tea Ring 46

SALADS

Dressing, Cream 28
Economical 29
French, No. 1 29
French, No. 2 29
Mayonnaise, No. 1 29
Mayonnaise, No. 2 29
Mayonnaise, No. 3 30
Mayonnaise, No. 4 30
Orange Fruit 30
Thousand Island 30
Salad, Cabbage 30
Celery and Apple 31
Chicken 31
Holly Wreath 31
Salad 31
Poinsetta 31
Potato, No. 1 32

Potato, No. 2 32
Salmon 32
Stuffed Tomato 32
Salad 32
Vegetable, No. 1 32
Vegetable, No. 2 33
Victory 33
Watercress 33
Candle 33
Fruit, No. 1 33
Fruit, No. 2 33
New York 34

SANDWICHES

Do's for Sandwiches 87
Boston Rarebit 87
Cheese 88
Chicken 88
Egg 88
Ham, Chopped 88
Meat 88
Peanut 88
Ribbon 88
Salad 89
Tongue, Boiled 89

SAUCES FOR MEATS AND FISH

Apple 24
Cranberry 24
Cranberry Jelly, Strained 24
Creole 24
Hollandaise 24
Mint 25
Tomato 25
White 25
Relish with Meats 25

SOUPS WITHOUT MEAT

Bean 9
Corn 9
Cream of Tomato 9

Full Nutriment 9
Grape 10
Oyster 10
Pea 10
Potato 10
Sweet Barley 10
Vegetable 11

WITH MEAT

Beef 11
Bouillon 11
Chicken 12
Noodle 12
Vegetable 12

SUGGESTED MENUS FOR DIFFERENT SEASONS 108

TABLES 6

VEGETABLES

Asparagus Creamed 34
Beans, Baked 34
Beet Greens 35
Beet Relish 35
Cabbage, Creamed 35
Cabbage Tamale 35
Carrots or Parsnips Fried 35
Carrots 35
Corn, Scalloped 35
Corn, A La Southern 36
Corn Baked with Tomatoes 36
Egg Plant, Fried 36
Macaroni 36
Macaroni and Cheese, No. 1 36
Macaroni and Cheese, No. 2 36
Mangoes, Stuffed 37
Oysters, Mock 37
Potatoes Baked with Pork 37
Potatoes, French Fried 37
Potatoes, au Gratin 37
Potatoes, Mashed 38
Potato Puff 38

Potatoes, Stuffed 38
Potatoes, Sweet 38
Potatoes, Sweet, Candied 38
Potatoes, Sweet, Creamed 38
Potato, Sweet, Puff 38
Rice, Boiled 39
Rice, Calcutta 39
Rice, Mexican 39
Rice, Steamed 39
Slaw, No. 1 39
Slaw, No. 2 39
Spaghetti, Italian 40
Spaghetti 40
Squash, Baked 40
Squash, Summer Crook-neck 40
Tomatoes, Fried Green 40

WHEN FOOD IS IN SEASON 101

UPB